

STUDIO A

Monday

**POWER HOUR
CYCLE**
6:00am-7:00am
Justine

DANCE2FIT
9:30am-10:30am
Missy

Tuesday

CYCLE FIT
8:25am-8:55am
Justine

Wednesday

**POWER HOUR
CYCLE**
6:00am-7:00am
Justine

DANCE2FIT
6:00pm-7:00pm
Missy

Thursday

CYCLE FIT
8:25am-8:55am
Justine

BODYPUMP
7:15pm-8:00pm
Susan

07/01/21-08/07/21

Friday

**POWER HOUR
CYCLE**
6:00am-7:00am
Justine

YOGA
6:00am-7:00am
Carole

Saturday

**CYCLE
FIT**
7:45am-8:45am
Justine

BODYPUMP
9:00am-10:10am
Susan

YOGA BEGIN
9:15am-10:00am
Carole



SUMMER GROUP EXERCISE SCHEDULE

AGE REQUIREMENTS:

- **Ages 12 to 15**
A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file.
- **Ages 16-17**
May use Fitness area without parent present but must have a waiver on file.



STUDIO B

Monday

YOGA
6:00am-7:00am
Carole

YOGA
5:30pm-6:30pm
Justine

POUND
6:45pm-7:30pm
Erin

Tuesday

**GROUP
STRENGTH**
5:30am-6:15am
Justine

YOGA
9:30am-10:30am
Justine

CORE
5:30pm-5:45pm
Larwan

GROUP STRENGTH
5:50pm-6:15pm
Larwan

Wednesday

YOGA
6:00am-7:00am
Carole

YOGA
5:30pm-6:30pm
Justine

GROUP STRENGTH
5:50pm-6:15pm
Larwan

Thursday

**GROUP
STRENGTH**
5:30am-6:15am
Justine

YOGA
9:30am-10:30am
Justine

CORE
5:30pm-5:45pm
Larwan

GROUP STRENGTH
5:50pm-6:15pm
Larwan

Friday

YOGA
6:00am-7:00am
Carole

GROUP STRENGTH
5:50pm-6:15pm
Larwan

Saturday

YOGA BEGIN
9:15am-10:00am
Carole