



JULY WEEKEND SCHEDULE

Saturday	4	11	18	25				
GROUP EX								
8:30-9:15  LES MILLS BODY PUMP					NO	Heather	Nancy W.	Pam
9:30-10:00 LES MILLS CXWORX					CLASS	Saana	Lacey	Pam
11:15-12:00 <i>Sr Cardio Dance</i>					HAPPY 4th!	Teresa	Teresa	Teresa
8:30-9:15 SPIN		Kaitlyn	Lacey	Lee				
9:30-10:15 AQUA Rotation		Aqua Fit Julia	DWR Amy	Aqua Fit Julia				
Sunday	5	12	19	26				
1:30-2:15 Step Express	Mechelle	Mechelle	Mechelle	Mechelle				
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer				
2:30-3:15  LES MILLS BODY PUMP	Heather	Heather	Pam	Heather				
3:30-4:15 Yoga	Jennifer	Jennifer	Jennifer	Jennifer				