



# July Group Fitness Schedule

**\*BEGINNING WEDNESDAY, JULY 1\***

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 am		Leah <b>SHRED</b>		Lacey <b>SHRED</b>	
5:30	Kim <b>LES MILLS BODYPUMP</b>		Heather <b>LES MILLS BODYPUMP</b>		Kim/Heather <b>LES MILLS BODYPUMP</b>
8:00	Donna <b>Yoga</b>		Donna <b>Yoga</b>		Donna <b>Yoga</b>
8:45	Kelly <b>LES MILLS BODYATTACK</b>	Cammiie <b>Shred Express</b>	Stephanie <b>LES MILLS BODYCOMBAT</b>	Kelly <b>Shred Express</b>	Kelly <b>LES MILLS BODYATTACK</b>
9:20		Cammiie <b>LES MILLS CXWORX</b>		Kelly <b>LES MILLS CXWORX</b>	
9:45	Cammiie <b>LES MILLS BODYPUMP</b>		Stephanie <b>LES MILLS BODYPUMP</b>		Cammiie <b>LES MILLS BODYPUMP</b>
11:15	Nancy <b>Senior Cardio Fit</b>				Rebecca <b>Senior Cardio Fit</b>
12:00	Nancy D. Shred Low	Gretchen <b>Yoga</b>	Nancy D. Shred Low	Gretchen <b>Yoga</b>	
2:00-2:30	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING
3:45	<b>LES MILLS BODYPUMP</b> <i>virtual</i>		<b>LES MILLS BODYPUMP</b> <i>virtual</i>		
4:00				Jennifer <b>Yoga</b>	
4:45	Jennifer <b>Yoga</b>	Saana <b>LES MILLS BODYATTACK</b>	Tasha 		
5:30		Heather  <b>LES MILLS BODYPUMP</b>	Saana <b>LES MILLS BODYCOMBAT</b> NEW DAY and TIME!	Kim <b>LES MILLS BODYPUMP</b>	
6:15			Saana <b>LES MILLS CXWORX</b> new class!		
6:30	Kim <b>LES MILLS BODYPUMP</b>	Kaylie <b>LES MILLS BODYCOMBAT</b>			