

July Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
5:45 A.M.	Rise and Grind Rhonda GES	Self Defense Al YG		Self Defense Al YG	Rise and Grind Rhonda GES	
8:00 A.M.	Aqua Stretch Sue H Pool	Yogalates Lisa GES	8:00 A.M.	Yogalates Lisa GES	Aqua Stretch Sue H Pool	
	Pilates Rhonda GES	Water Fit Shawn Pool		Water Fit Shawn Pool	Spin Holly GES2	
	Spin Holly GES2	Strength and Sculpt Lisa GES		Strength and Sculpt Lisa GES	Pilates Chelsea GES	
8:30 A.M.	Water Fit Sue H Pool	Balance and Mobility Nancy/Renee YG	9:00 A.M.	Dancing With Dina Dina GES	Balance and Mobility Nancy/Renee YG	
9:00 A.M.	Dancing With Dina Dina GES	Barre Danielle GES	10:15 A.M.	Pilates Rhonda GES	Barre Danielle GES	
9:30 A.M.	Cycle and Core Victoria GES2	Gentle Water Fit Linda Pool	11:00 A.M.	Aqua Arthritis Susan Pool	Gentle Water Fit Linda Pool	
10:15 A.M.	Yoga Stacy GES	Yoga Danielle GES	12:00 P.M.	Water Fit Tina Pool	Parkinson's Nancy GES2	
11:00 A.M.	Aqua Arthritis Susan Pool	Parkinson's Nancy GES2	5:15 P.M.	Yoga Sheila GES	Yoga Danielle GES	
12:00 P.M.	Water Fit Tina Pool	Tabata Tuesday Jolynn GES	6:30 P.M.	RIP Denise GES	4:15 P.M.	Shred Jolynn GES
2:00 P.M.	Shred and Tread Dillon GES/Pool	Spin Denise GES2	7:30 P.M.	Wing Tsun Ryan GES	5:00 P.M.	Spin Denise GES2
4:15 P.M.	Step Challenge Jolynn GES	Water Fit Linda Pool			6:15 P.M.	Water Fit Linda Pool
5:00 P.M.	Water Fit Linda Pool	Yoga Denise GES			5:45 P.M.	Yoga Denise GES
5:10 P.M.	Yoga Amanda GES				6:45 P.M.	Upper Body Workout Mandy GES
6:30 P.M.	RIP Denise GES					
						Saturday
					8:00 A.M.	Yoga Flow Virtual GES
					9:15 A.M.	Wing Tsun Ryan GES
					10:15 A.M.	Pilates Chelsea GES
					11:00 A.M.	Gentle Water Fit Linda Pool



YG Youth Gym
 GES Group-Ex Studio
 GES2 Group-Ex Studio 2
 RB Racquetball
 Pool