



Holiday Class Schedule

The following classes **WILL** be happening!

Tuesday July 3rd ~ Club Closes at 7:00 pm

5:45-6:30	Indoor Cycle	Sarah	2
8:00-9:00	Water Fitness	Honorah	P
8:00-9:00	50+ Circuit	Maggie	4
9:00-10:00	Water Fitness	Joel	P
9:15-10:00	Indoor Cycle	Maren	2
9:45-10:45	Pilates Mat	Kathy	4
10:30-11:30	Zumba	Alice	1
11:00-12:00	Flexibility In Movement	Shelley	4
11:00-12:00	Masters Swim	Katelyn	P
12:00-12:45	Indoor Cycle	Bob	2
12:00-1:00	Qigong	Josepha	4
12:00-1:00	Power Yoga	Kit	1
2:00-3:15	Light & Lively	Caryl	1
4:30-5:30	Ripped	Gretchen	1

Wednesday July 4th ~ Club is Closed

Thursday July 5th ~ Club Opens at 7:00 am

8:00-9:00	Water Fitness	Honorah	P
8:00-9:00	50+ Circuit	Kathy	4
9:00-10:00	Water Fitness	Joel	P
9:15-10:00	Indoor Cycle	Carol	2
9:15-10:15	Qigong	Josepha	4
10:15-10:45	Tai Chi	Josepha	4
10:30-11:30	Zumba	Tina	1
11:00-12:00	Flexibility In Movement	Shelley	4
11:00-12:00	Masters Swim	Katelyn	P
12:00-12:45	Indoor Cycle	Bob	2
12:00-1:00	Pilates Mat	Amy	4
2:00-3:15	Light and Lively	Sue	1
5:30-6:30	Ripped	Traci	1
5:30-6:45	Hatha Yoga & Meditation	Melissa	4
5:45-7:00	Masters Swim	Karen	P