



Holiday Class Schedule

These are the classes that
WILL be offered

Wednesday, July 3rd ~ Club closes at 7:00 pm

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| 5:45-6:30 | Indoor Cycle | Bria |
| 6:00-7:00 | Ripped | Lindsay |
| 7:00-8:00 | Pre Masters Swim | Ann |
| 8:00-9:00 | Water Fitness | Judy |
| 9:00-10:00 | Water Fitness | Judy |
| 9:15-10:00 | Indoor Cycle | Carol |
| 9:15-10:15 | X-Treme Muscle | Anne |
| 10:30-11:30 | Pilates Mat | Gwen |
| 10:45-11:45 | Not-So-X-Treme | Caryl |
| 11:00-12:00 | Masters Swim | Karen |
| 12:00-12:45 | Indoor Cycle | Sue |
| 12:00-1:00 | Hatha Yoga | Vicki |
| 1:15-2:30 | Gentle Yoga | Kathy |



Thursday, July 4th ~ Club Closed All Day

Friday, July 5th ~ Club opens at 7:00 am

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| 7:30-8:30 | Burn Off The BBQ Indoor Cycle | Sarah |
| 8:00-9:00 | Water Fitness | Judy |
| 8:00-9:00 | Not-So-X-Treme Muscle | Alice |
| 9:00-10:00 | Water Fitness | Judy |
| 9:00-10:00 | Pilates Mat | Kathy |
| 9:15-10:00 | Indoor Cycle | Layne |
| 9:15-10:15 | X-Treme Muscle | Anne |
| 10:45-11:45 | Zumba Gold | Bonnie |
| 11:00-12:00 | Masters Swim | Karen |
| 12:45-2:00 | Restore Yoga | Kathy |
| 5:30-6:30 | Vinyasa Yoga | Courtney |

Saturday, July 6th ~ Regular hours

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|-------------|-------------------------|--------------|
| 7:30-8:30 | Water Fitness | Tami |
| 7:45-8:45 | Pilates Mat (Beg/Int.) | Alice |
| 8:30-9:30 | Water Fitness | Tami |
| 8:30-9:30 | Boot Camp | Anne/Lindsay |
| 8:30-9:30 | Indoor Cycle | Jennifer |
| 9:00-10:00 | Pilates Mat (Int./Adv.) | Alice |
| 10:00-11:15 | Vinyasa Yoga | Lori C |

Sunday, July 7th ~ Regular hours

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|-------------|--------------|-------------|
| 8:30-9:30 | Zumba | Tina |
| 9:15-10:15 | Indoor Cycle | Carol/Maren |
| 10:00-11:30 | Vinyasa Yoga | Courtney |
| 3:00-4:00 | Vinyasa Yoga | Doug |