



July 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 8:10 Weekend Warrior (Bre)
2	3 6:10 Quick HIITer (Bre) 8:00 Barre (Danielle S.) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa)	4 <i>Happy Independence Day</i> <i>4th July</i>	5 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	6 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit For Life (Carol) 5:30 Tai Chi (Rissa)	7 8:15 Tai Chi 101 (Rissa) 9:15 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	8 8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
9	10 6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 8:00 Barre (Danielle S.) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 1:15 Kids Yoga (Kappy)	11 8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 1:15 Kids Yoga (Kappy) 5:30 Tai Chi (Rissa)	12 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	13 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Chair Yoga (Kappy) 5:30 Tai Chi (Rissa)	14 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:15 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	15 8:10 Weekend Warrior (Bre)
16	17 6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 8:00 Barre (Danielle S.) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	18 8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	19 6:45 Gentle Yoga (Kappy) 9:30 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	20 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	21 6:45 Gentle Yoga (Kappy) 8:15 Tai Chi 101 (Rissa) 9:15 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	22 8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
23	24 6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 8:00 Barre (Danielle S.) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 1:15 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	25 8:15 Morning Tai Chi (Rissa) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 1:15 Kids Yoga (Kappy) 5:30 Tai Chi (Rissa) 6:30 Yoga (Kappy)	26 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	27 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Tone (Danielle S.) 6:30 Yoga (Kappy)	28 6:45 Gentle Yoga (Kappy) 9:15 Zone Tone (Carol) 10:30 iTone (Jessica) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	29 8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
30	31 6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 1:15 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	7/20 @ 6:15 A.M. - Sunrise Yoga at Wear Farm City Park!				