



# July



Sun	Mon	Tue	Wed (Center Closed)	Thu	Fri	Sat
1	2 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	3 7:30 HIIT (Jessica) 9:00 Spin (Carol) 10:30 <b>No Class</b> 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)		5 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	6 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM SilverSneakers (Carol) 12:15 Gentle Yoga (Amy)	7
8	9 9:00 Barre (Danielle) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 <b>No Class</b>	10 7:30 HIIT (Jessica) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	11 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	12 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	13 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM SilverSneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	14
15	16 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	17 7:30 HIIT (Jessica) 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	18 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	19 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	20 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM SilverSneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	21
22	23 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	24 7:30 HIIT (Jessica) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	25 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	26 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	27 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM SilverSneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iSweat (Rissa)	28
29	30 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 7:00 Barre (Shannon)	31 7:30 HIIT (Jessica) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)				