



June Group Fitness Schedule 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				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)	6:30 Total Body Torch (Danielle S.) 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)	9:00 Zumba (Ariagna)
4	5	6	7	8	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) 5:00 Power Yoga (Kappy)	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) 5:30 Cardio Step (Jessica) 6:30 Yoga (Kappy)	6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit For Life (Carol) 5:30 Tai Chi (Rissa) 5:30 Kickboxing (Jessica) 6:30 Yoga (Kappy)	6:45 Gentle Yoga 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)	8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
11	12	13	14	15	16	17
	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)	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) 5:30 Cardio Step (Jessica) 6:30 Yoga (Kappy)	6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Jessica) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	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)	6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 9:15 Zone Tone (Carol) 10:30 iTone (Ari) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
18	19	20	21	22	23	24
	6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 8:00 Barre (Danielle S.) 9:00 Zumba (Ariagna) 10:30 iTone (Bre) 5:00 Power Yoga (Kappy)	9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Cardio Tone (Danielle S.) 6:30 Yoga (Kappy)	6:45 Gentle Yoga (Kappy) 9:30 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Jessica) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Tai Chi (Rissa) 5:30 Kickboxing (Jessica) 6:30 Yoga (Kappy)	6:30 Total Body Torch (Danielle S.) 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)	8:10 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
25	26	27	28	29	30	1
	6:10 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Chair Yoga (Kappy) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 1:15 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	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) 5:30 Cardio Step (Jessica) 6:30 Yoga (Kappy)	6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Power Yoga (Kappy)	8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Tai Chi (Rissa) 5:30 Kickboxing (Jessica) 6:30 Yoga (Kappy)	6:30 Total Body Torch (Danielle S.) 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)	