



July Group Fitness 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 6:45 A.M. Gentle Yoga (Kappy) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy) 6:00 P.M. Zumba (Skarlynn)	2 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Pedal Power (Carol) 9:30 A.M. Yoga by the Pool (Kappy) 10:30 A.M. Fit For Life (Carol) 6:00 P.M. Cardio HIIT (Jessica)	3 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	* HAPPY 4TH OF JULY	5 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol)	6 9:00 A.M. Zumba (Skarlynn)
7	8 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy) 6:00 P.M. Zumba (Skarlynn)	9 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Pedal Power (Carol) 9:30 A.M. Yoga by the Pool (Kappy) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna)	10 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	11 8:00 A.M. Cycle Express (Carol) 8:00 A.M. Loco-Motion (Rissa) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit For Life (Carol) 5:00 P.M. Yoga Basics (Kappy) 6:00 P.M. Cardio HIIT (Jessica)	12 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol)	13 9:00 A.M. Zumba (Skarlynn)
14	15 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 12:15 P.M. Kids Yoga (Kappy) 5:00 P.M. Yoga (Kappy) 6:00 P.M. Zumba (Skarlynn)	16 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Pedal Power (Carol) 9:30 A.M. Yoga by the Pool (Kappy) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 6:00 P.M. Cardio HIIT (Jessica)	17 6:45 A.M. Gentle Yoga (Kappy) 9:30 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	18 8:00 A.M. Cycle Express (Carol) 8:00 A.M. Loco-Motion (Rissa) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit For Life (Carol) 12:15 P.M. Kids Yoga (Kappy) 5:00 P.M. Yoga Basics (Kappy)	19 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Carol) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol)	20 9:00 A.M. Zumba (Skarlynn)
21	22 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy) 6:00 P.M. Zumba (Skarlynn)	23 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Pedal Power (Carol) 9:30 A.M. Yoga by the Pool (Kappy) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna)	24 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	25 8:00 A.M. Cycle Express (Carol) 8:00 A.M. Loco-Motion (Rissa) 9:00 A.M. Body Pump Flex and Define (Carol) 10:30 A.M. Fit For Life (Carol) 5:00 P.M. Yoga Basics (Kappy) 6:00 P.M. Cardio HIIT (Jessica)	26 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Zone Tone (Jessica) 10:30 A.M. iTone (Rissa) 10:30 A.M. Chair Yoga (Kappy)	27 9:00 A.M. Zumba (Skarlynn)
28	29 6:45 A.M. Gentle Yoga (Kappy) 9:15 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 5:00 P.M. Yoga (Kappy) 6:00 P.M. Zumba (Skarlynn)	30 8:15 A.M. Morning Tai Chi (Rissa) 9:00 A.M. Pedal Power (Carol) 9:30 A.M. Yoga by the Pool (Kappy) 10:30 A.M. Fit For Life (Carol) 10:45 A.M. Strong Nation (Ariagna) 6:00 P.M. Cardio HIIT (Jessica)	31 6:45 A.M. Gentle Yoga (Kappy) 9:00 A.M. Power Camp / Kettlebell (Carol) 9:05 A.M. Zumba (Ariagna) 10:30 A.M. iTone (Rissa) 10:30 A.M. Silver Sneakers (Carol) 5:00 P.M. Power Yoga (Kappy)	1	2	3