

Group Exercise Schedule for July 2018

Mondays

Â Â Â Â 6:00-6:45am Kettlebell
 Â Â Â Â 8:15-9:30am Power Plyo
 Â Â Â Â 9:15-10:00am Yoga Flow
 Â Â Â Â 12:15-12:45pm Kettlebell
 Â Â Â Â 4:30-5:00pm Group Cycling
 Â Â Â Â 4:30-5:00pm Flyte Fitness
 Â Â Â Â 5:15-6:15pm Hour of Power

Tuesdays

Â Â Â Â 6:00-6:45am Tough Mudder Training
 Â Â Â Â 8:15-9:00am Carolynâ€™s Low Impact
 Â Â Â Â 9:15-10:00am Variable Resistance Training
 Â Â Â Â 10:15-11:00am Strength Training
 Â Â Â Â 12:15-12:45pm Group Cycling
 Â Â Â Â 4:30-5:00pm Kettlebell
 Â Â Â Â 5:15-6:00pm Butt Busters
 Â Â Â Â 6:15-7:00pm H.I.T.Â Â Â

Wednesdays

Â Â Â Â 6:00-6:45am Variable Resistance Training
 Â Â Â Â 8:15-9:00am Core Zone Express
 Â Â Â Â 9:00-9:30am Flyte Fitness
 Â Â Â Â 9:15-10:00am Silver & Fit
 Â Â Â Â 12:15-12:45pm Strength Training
 Â Â Â Â 3:45-4:15pm Just Abs
 Â Â Â Â 4:15-5:00pm Strength Training
 Â Â Â Â 4:30-5:00pm Group Cycling
 Â Â Â Â 5:15-6:00pm Heidi's Hi-Lo Impact
 Â Â Â Â 6:15-7:00pm Leg Day Â Â

Thursdays

Â Â Â Â 6:00-6:30amÂ Group Cycling
 Â Â Â Â 8:15-9:00am Zumba Gold
 Â Â Â Â 9:15-10:00am Butt Busters
 Â Â Â Â 10:15-11:00am Strength Training
 Â Â Â Â 12:15-12:45pm Core Zone Express
 Â Â Â Â 3:30-4:00pm Group Cycling
 Â Â Â Â 4:15-5:00pm Variable Resistance Training
 Â Â Â Â 5:15-5:45pm Group Cycling
 Â Â Â Â 5:45-6:30pm Pilates
 Â Â Â Â 6:00-6:45pm Strength Training
 Â Â Â Â 6:30-7:15pm ZumbaÂ Â

Fridays

Â Â Â Â 6:00-6:30am Power Plyo
 Â Â Â Â 8:15-9:00am H.I.T.
 Â Â Â Â 9:15-10:00am Group Cycling
 Â Â Â Â 9:15-10:00am Silver & Fit
 Â Â Â Â 10:30-11:15am Yoga Flow
 Â Â Â Â 12:15-12:45pm Group Cycling
 Â Â Â Â 4:15-5:00pm Tough Mudder TrainingÂ Â Â

Saturdays

Â Â Â Â 7:45-8:15am KettlebellÂ
 Â Â Â Â 8:30-9:00am Just Abs
 Â Â Â Â 9:05-10:05am Hour of Power
 Â Â Â Â 10:15-11:00am Variable Resistance TrainingÂ Â Â Â

Sundays

Â Â Â Â 12:15-1:00pm Variable Resistance Training

1:00-1:30pm Just Abs Open Independence Day, July 4th, 7-10am; no classes.