

AUGUST 2025 GROUP FITNESS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:15 Circuits Erin 9:00 Stretch Erin	2 7:00 Cycle/ Circuits Meg
	4 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Erin 4:45 Cycle/Strength Meg	5 5:00 Meg's Choice 8:15 Kickboxing Jen 4:45 PowerFit Jen 5:45 Line Dance Lisa	6 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen 4:45 Yoga Summer	7 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	8 8:15 Circuits Erin 9:05 Stretch Erin	9 7:00 Step Jen
	11 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen 4:45 Cycle/Strength Meg	12 5:00 Meg's Choice 8:15 Kickboxing Jen 4:45 PowerFit Jen 5:45 Line Dance Lisa	13 5:00 PowerFit Meg 8:15 Powerfit Jen 9:05 Pilates Jen 4:45 Yoga Lisa	14 5:00 Cycle Mal 8:15 Step Meg 5:45 Zumba Lisa	15 8:15 Circuits Erin 9:05 Stretch Erin	16 7:00 Cycle/ Circuits Meg
	18 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Erin 4:45 Cycle /Strength Meg	19 5:00 Meg's Choice 8:15 Cardio Erin 4:45 PowerFit Meg 5:45 Line Dance Lisa	20 5:00 PowerFit Meg 8:15 Powerfit Jen 9:05 Pilates Jen 4:45 Yoga Summer	21 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	22 8:15 Circuits Erin 9:05 Stretch Erin	23 7:00 Step Meg
	25 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen 4:45 Cycle/Strength Meg	26 5:00 Meg's Choice 8:15 Kickboxing Jen 4:45 PowerFit Meg 5:45 Line Dance Lisa	27 5:00 PowerFit Meg 8:15 Powerfit Jen 9:05 Pilates Jen 4:45 Yoga Lisa	28 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	29 8:15 Circuits Erin 9:05 Stretch Erin	30 7:00 Cycle/Circuits Meg