

JULY 2025 GROUP FITNESS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 5:00 Meg's Choice 8:15 Kickboxing Jen 5:00 NO CLASS 5:45 Line Dance Lisa	2 5:00 PowerFit Meg 8:15 PowerFit Erin 9:05 Stretch Erin 4:45 NO CLASS	3 5:00 Cycle Mal 8:15 Step Meg 5:45 Gym Closed	4 NO CLASSES	5 NO CLASS
	7 5:00 NO CLASS 8:15 Bootcamp Erin 9:05 PowerFit Jen 5:00 NO CLASS	8 5:00 Meg's Choice 8:15 Kickboxing Je 5:00 PowerFit Jen 5:45 Line Dance Lisa	9 5:00 PowerFit Meg 8:15 PowerFit Jen 9:05 Pilates Jen 4:45 NO CLASS	10 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	11 8:15 Circuits Erin 9:05 Stretch Erin	12 7:00 Step Jen
	14 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen 5:00 Cycle/Strength Meg	15 5:00 Meg's Choice 8:15 Kickboxing Jen 5:00 PowerFit Jen 5:45 Line Dance Lisa	16 5:00 PowerFit Meg 8:15 Powerfit Jen 9:05 Pilates Jen 4:45 Yoga Summer	17 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	18 8:15 Circuits Erin 9:05 Stretch Erin	19 7:00 Cycle Meg
	21 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen 5:00 Cycle /Strength Meg	22 5:00 Meg's Choice 8:15 Kickboxing Jen 5:00 PowerFit Jen 5:45 Line Dance Lisa	23 5:00 PowerFit Meg 8:15 Powerfit Jen 9:05 Pilates Jen 4:45 Yoga Summer	24 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa	25 8:15 Circuits Erin 9:05 Stretch Erin	26 7:00 Step Jen
	28 5:00 PowerFit Meg 8:15 Bootcamp Erin 9:05 PowerFit Jen 5:00 Cycle/Strength Meg	29 5:00 Meg's Choice 8:15 Kickboxing Jen 5:00 PowerFit Jen 5:45 Line Dance Lisa	30 5:00 PowerFit Meg 8:15 Powerfit Jen 9:05 Pilates Jen 4:45 Yoga Summer	31 5:00 Cycle Mal 8:15 Step Jen 5:45 Zumba Lisa		