

Fitness Edge Studio

July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:15 The Edge-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN	2 5:15 am Circuit/Cardio/strength-Shelby 6:00pm Total Body- Josh	3 5:15 am The Edge-SFC 8:30 am Silver Sneakers-NC 10:00 am Silver Sneakers-CN	4 Independence Day 6:00 am Rise and Shine- SFC
5	6 5:15 am Butts and Gutts-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC 6:00 pm Zumba-KD	7 5:15 am Circuit/Cardio/strength-JB 6:00pm HIIT-Shelby	8 5:15 am The Edge-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC	9 5:15 am Circuit/Cardio/strength-Shelby 6:00pm Total Body- Josh	10 5:15 am The Edge-SFC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN	11 6:00 am Rise and Shine- SFC
12	13 5:15 am Butts and Gutts-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN 6:00 pm Zumba-KD	14 5:15 am Circuit/Cardio/strength-JB 6:00pm HIIT-Shelby	15 5:15 am The Edge-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC	16 5:15 am Circuit/Cardio/strength-Shelby 6:00pm Total Body- Josh	17 5:15 am The Edge-SFC 8:30 am Silver Sneakers-NC 10:00 am Silver Sneakers-CN	18 6:00 am Rise and Shine- SFC
19	20 5:15 am Butts and Gutts-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC 6:00 pm Zumba-KD	21 5:15 am Circuit/Cardio/strength-JB 6:00pm HIIT-Shelby	22 5:15 am The Edge-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC	23 5:15 am Circuit/Cardio/strength-Shelby 6:00pm Total Body- Josh	24 5:15 am The Edge-SFC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN	25 6:00 am Rise and Shine- SFC
26	27 5:15 am Butts and Gutts-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC 6:00 pm Zumba-KD	28 5:15 am Circuit/Cardio/strength-JB 6:00pm HIIT-Shelby	29 5:15 am The Edge-SC 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN	30 5:15 am Circuit/Cardio/strength-Shelby 6:00pm Total Body- Josh	31 5:15 am The Edge-SFC 8:30 am Silver Sneakers-NC 10:00 am Silver Sneakers-CN	

