

July – 2025 - FITNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
BLUE: FITNESS CLASSES GREEN: GROUPS & CLUBS RED: SPECIAL EVENTS PURPLE: FOOD TRUCKS		10am Aqua Fitness	10am Aqua Fitness	9am Light Weights w/Demet 10am Aqua Fitness	10am Aqua Fitness	10am Aqua Zumba w/Karen
6	7	8	9	10	11	12
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	10am Aqua Fitness	10am Aqua Fitness	9am Light Weights w/Demet 10am Aqua Fitness	10am Aqua Fitness	10am Aqua Zumba w/Karen
13	14	15	16	17	18	19
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	10am Aqua Fitness	10am Aqua Fitness 6:30pm Sound Bath & Yoga	9am Light Weights w/Demet 10am Aqua Fitness	10am Aqua Fitness	10am Aqua Zumba w/Karen
20	21	22	23	24	25	26
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	10am Aqua Fitness	10am Aqua Fitness	9am Light Weights w/Demet 10am Aqua Fitness	10am Aqua Fitness	10am Aqua Zumba w/Karen
27	28	29	30	31	All dates, times & locations of activities & events listed are subject to change without notice	
Yoga w/Demet 8:30am	9am Mat Pilates w/Demet 10am Aqua Fitness w/Karen	10am Aqua Fitness	10am Aqua Fitness	9am Light Weights w/Demet 10am Aqua Fitness		