

July 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 29	June 30	1	2	3	4	5
		8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	GYM CLOSED	915am-Weight/Cardio
		9am - S/S Circuit	830a- S/S Cardio	9am- Line Dance		1030a- Line Dance
		530p -Spin	530pm- Line Dance			
					HAPPY 4TH OF JULY	
6	7	8	9	10	11	12
	8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio
	530p- Line Dance	9am - S/S Circuit	830a- S/S Cardio	9am- Line Dance		1030a- Line Dance
		530p -Spin	530pm- Line Dance			
	Member Appreciation					
13	14	15	16	17	18	19
	8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Zumba	915am-Weight/Cardio
		9am - S/S Circuit	830a- S/S Cardio	9am- Line Dance		1030a- Line Dance
		530p -Spin	530pm- Line Dance			
20	21	22	23	24	25	26
	8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit	8am - S/S Boom	915am-Weight/Cardio
		9am - S/S Circuit	830a- S/S Cardio	9am- Line Dance		1030a- Line Dance
		530p -Spin	530pm- Line Dance			
27	28	29	30	31	Aug 1	Aug 2
	8am- S/S Circuit	8am - S/S Circuit	7am- Yoga	8am - S/S Circuit		
		9am - S/S Circuit	830a- S/S Cardio	9am- Line Dance		
		530p -Spin	530pm- Line Dance			
Aug 3	Aug 4	Aug 5	Aug 6	Aug 7	Aug 8	Aug 9