



July Group Ex Schedule



Classes are **FREE** to all **members!!**

Non-Members - \$9.00/\$4.50 on Thursdays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardio PUMP	Cycling	RIP Strength	Cycling	Cardio PUMP	All classes are 45 minutes unless otherwise noted on the schedule.
6:45 AM	Cardio HiLo		Cardio HiLo			
8:00 AM	TBR	Battles & Bells	TBR	Battles & Bells	TBR/Battles & Bells	Body Pump
9:00 AM	Group Strength	30 Minute Cycle	Group Strength	30 Minute Cycle	Group Strength	See Membership for more details on Move Into Wellness, Rock Steady Boxing, Martial Arts & Lifeplex Dance Academy.
				Yoga Flow (75Min)		
9:30 AM	Silver Sneakers BOOM MUSCLE		Silver Sneakers BOOM MUSCLE		Silver Stretch (30 Minutes)	
	Yoga Flow					
10:30 AM	Silver Sneakers STABILITY (30 Minute)	Cardio Drumming		Cardio Drumming	Silver Sneakers STABILITY (30 Minute)	
	Dance2Fierce					
10:45 AM	Gentle Yoga			Gentle Yoga		Studio 1
11:00 AM			Move Into Wellness \$ Paid Program			Studio 2
11:30 AM	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Studio 3
12:00 PM	Chair Yoga	Silver Sneakers Classic		Silver Sneakers Classic		North Studio
2:00 PM	Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program		Rock Steady Boxing \$Paid Program	Cycling Arena
5:00 PM		Corebar				Lower Gym Deck
5:30 PM	Body Pump	Body Pump	Dance2Fierce	Body Pump		
6:30 PM		Martial Arts \$Paid Program		Martial Arts \$Paid Program		