



JULY SCHEDULE

ONLINE . OUTDOORS . IN-STUDIO

TIME	CLASS	TRAINER	LOCATION
MONDAY			
9:00AM	CrossTerraining	Heather	OUTDOOR
9:30AM	Upper Body Strength	Colleen	ZOOM/IN-STUDIO
10:15AM	CrossTerraining	Heather	OUTDOOR
11:30AM	Move Well	Heather	ZOOM
4:30PM	SPIN 45	Colleen	IN-GYM
5:30PM	Upper Body Blast	Colleen	ZOOM/IN-STUDIO
TUESDAY			
6:00AM	Upper Body Blast	Colleen	ZOOM/IN-STUDIO
9:15AM	50+ Fitness	Colleen	ZOOM/IN-STUDIO
5:30PM	Strength Circuit	Brett	ZOOM/STUDIO/OUTDOOR
WEDNESDAY			
8:30AM	Whole Body	Colleen	ZOOM
9:00AM	CrossTerraining	Heather	OUTDOOR
9:30AM	Strength Training	Colleen	ZOOM/IN-STUDIO
10:15AM	CrossTerraining	Heather	OUTDOOR
11:30AM	Move Well	Heather	ZOOM
4:30PM	CORE	Colleen	ZOOM/IN-STUDIO
5:30PM	Lower Body Blast	Colleen	ZOOM/IN-STUDIO
THURSDAY			
6:00AM	Whole Body	Colleen	ZOOM/IN-STUDIO
9:15AM	50+ Fitness	Colleen	ZOOM/IN-STUDIO
FRIDAY			
8:30AM	Whole Body	Colleen	ZOOM/IN-STUDIO
9:00AM	CrossTerraining	Heather	OUTDOOR
9:30AM	Circuit	Colleen	ZOOM/IN-STUDIO
10:15AM	CrossTerraining	Heather	OUTDOOR
11:30AM	Move Well	Heather	ZOOM
SATURDAY			
9:00AM	Sexy Saturday Circuit	Colleen	ZOOM/IN-STUDIO
10:00AM	Brett's Backyard Bootcamp	Brett	OUTDOOR