


# July 2026-MCEF

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Kids Club Hours</u> Monday – Thursday Morning 9:00am to 10:30am Evening 5:30pm to 7:00pm</p>	<p><u>Summer Office Hours</u> Monday – Thursday 10:30am to 5:30pm Friday 10:30am to 5:30pm</p>	1	2	3	4
			Line Dancing 5:30pm	Yoga 10:30am	
6	7	8	9	10	11
Upper Body Shred 9am	*Summer Bootcamp 7am Senior Fit 9:30am		Senior Fit 9:30am	*Summer Bootcamp 7am Yoga 10:30am	
Cycle & Abs 5:30pm	Yoga 6pm	Cardio Danze 6pm	Line Dancing 5:30pm		
13	14	15	16	17	18
Upper Body Shred 9am	*Summer Bootcamp 7am Senior Fit 9:30am		Senior Fit 9:30am	*Summer Bootcamp 7am Yoga 10:30am	
Cycle & Abs 5:30pm	Yoga 6pm	Core & More 5:30pm Cardio Danze 6pm	Line Dancing 5:30pm		
20	21	22	23	24	25
Upper Body Shred 9am	*Summer Bootcamp 7am Senior Fit 9:30am		Senior Fit 9:30am	*Summer Bootcamp 7am	
Cycle & Abs 5:30pm	Tone-Tastic 5:30pm	Core & More 5:30pm Cardio Danze 6pm	Line Dancing 5:30pm		
27	28	29	30	31	
Upper Body Shred 9am	*Summer Bootcamp 7am Senior Fit 9:30am		Senior Fit 9:30am	*Summer Bootcamp 7am Yoga 10:30am	
	Tone-Tastic 5:30pm Yoga 6pm	Core & More 5:30pm Cardio Danze 6pm	Line Dancing 5:30pm		*Fee Class Summer Bootcamp Tuesday and Friday Drop in \$12

*Celebrate America!*