



# July 2021 Group Fitness Schedule

Revised 6/24/2021

**Class sign up no longer required. Masks not required if fully vaccinated**

CLASS	TIME	INSTRUCTOR	LEVEL	LOCATION
<b>MONDAY</b>				
TABATA, WEIGHTS & CYCLE	9:15 - 10:15 am	KATHY	3	GROUP FITNESS ROOM
YOGA	10:30 – 11:30 am	INGRID	1	GROUP FITNESS ROOM
CIRCUIT & STRETCH <small>no 7/5 class</small>	5:45 – 6:45 pm	DEE	3	GROUP FITNESS ROOM
<b>TUESDAY</b>				
CYCLE 45	7:00 - 7:45 am	KATHY	2/3	GROUP FITNESS ROOM
STEP & STRENGTH	9:00 - 10:00 am	CRISTY	2	GROUP FITNESS ROOM
BALLETONE PILATES	10:15 - 11:15 am	CRISTY	1/2	GROUP FITNESS ROOM
PILATES	4:30 – 5:30 pm	INGRID	1	GROUP FITNESS ROOM
<b>WEDNESDAY</b>				
CARDIO, CORE AND MORE	9:15 - 10:15 am	AMANDA	2/3	GROUP FITNESS ROOM
CYCLE 45	10:30 - 11:15 am	KATHY	2/3	GROUP FITNESS ROOM
TOTAL BODY CONDITIONING	5:45 – 6:45 pm	DEE	2/3	GROUP FITNESS ROOM
<b>THURSDAY</b>				
STEP	9:00 – 10:00 am	CRISTY	2	GROUP FITNESS ROOM
STABILITY BALL	10:15 – 11:15 am	CRISTY	2	GROUP FITNESS ROOM
<b>FRIDAY</b>				
CYCLE 45	7:30 - 8:15 am	KATHY	2/3	GROUP FITNESS ROOM
TOTAL BODY CONDITIONING	9:00 - 10:00 am	JESSICA	2/3	GROUP FITNESS ROOM
LITE FIT & STRENGTH	10:15 – 11:15 am	AMANDA	1/2	GROUP FITNESS ROOM
<b>SATURDAY</b>				
CYCLE 45	7:45 - 8:25 am	KATHY	2/3	GROUP FITNESS ROOM
TOTAL BODY WORKOUT	8:30 - 9:25 am	LINDA J	2/3	GROUP FITNESS ROOM
CARDIO STEP	9:30 – 10:30 am	LINDA J	2/3	GROUP FITNESS ROOM
ZUMBA	10:30 – 11:30 AM	KELLY	2/3	GROUP FITNESS ROOM
<b>SUNDAY</b>				
PILATES	9:00 - 9:55 am	LINDA J	2/3	GROUP FITNESS ROOM
INTERVAL STEP	10:00 – 11:00 am	LINDA J	2/3	GROUP FITNESS ROOM