




JULY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:00-5:55 PILATES 6:00-6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 6:30-7:30 CARDIO KICKBOXING	2 5:00 - 5:45 TABATA 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS(BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 TABATA 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	3 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15 - 12:10 SILVERSNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING EARLY CLOSURE 6:30 p.m.		5 6:00 - 7:00 CROSS TRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	6 8:30 - 9:15 YOGA
7	8 5:00-5:55 PILATES 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 6:30-7:30 CARDIO KICKBOXING	9 5:00 - 5:45 TABATA 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS(BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 TABATA 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	10 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15 - 12:10 SILVERSNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 6:30-7:30 CARDIO KICKBOXING	11 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GUTS & BUTTS 5:15-6:15 YOGA/PILATES 6:15-7:00 BUTTS & GUTS	12 6:00 - 7:00 CROSS TRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	13 8:30 - 9:15 YOGA
14	15 5:00-5:55 PILATES 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 1:30-2:30 LA BLAST 4:15-5:15 OFF SEASON TRAINING 5:30-6:30 LA BLAST 6:30-7:30 CARDIO KICKBOXING	16 5:00 - 5:45 TABATA 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS(BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 TABATA 4:15 - 5:15 LA BLAST 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	17 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15 - 12:10 SILVERSNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 OFF SEASON TRAINING 5:30-6:30 LA BLAST 6:30-7:30 CARDIO KICKBOXING	18 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10 -1:00 GUTS & BUTTS 5:15-6:15 YOGA/PILATES 6:15-7:00 BUTTS & GUTS	19 6:00 - 7:00 CROSS TRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	20 8:30 - 9:15 YOGA
21	22 5:00-5:55 PILATES 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 1:30-2:30 LA BLAST 4:15-5:15 OFF SEASON TRAINING 5:30-6:30 LA BLAST 6:30-7:30 CARDIO KICKBOXING	23 5:00 - 5:45 TABATA 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS(BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 TABATA 4:15 - 5:15 LA BLAST 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	24 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15 - 12:10 SILVERSNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 OFF SEASON TRAINING 5:30-6:30 LA BLAST 6:30-7:30 CARDIO KICKBOXING	25 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10 -1:00 GUTS & BUTTS 5:15-6:15 YOGA/PILATES 6:15-7:00 BUTTS & GUTS	26 6:00 - 7:00 CROSS TRAINING 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	27 8:30 - 9:15 YOGA
28	29 5:00-5:55 PILATES 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 1:30-2:30 LA BLAST 4:15-5:15 OFF SEASON TRAINING 5:30-6:30 LA BLAST 6:30-7:30 CARDIO KICKBOXING	30 5:00 - 5:45 TABATA 6:00-6:45 POUND 7:00-8:15 MUSCLE & MOVEMENT 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS(BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 TABATA 4:15 - 5:15 LA BLAST 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	31 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15 - 12:10 SILVERSNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 OFF SEASON TRAINING 5:30-6:30 LA BLAST 6:30-7:30 CARDIO KICKBOXING			