

# HEALTHY LIVING JULY

## GROUP FITNESS SCHEDULE

Group Fitness Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Summer 2016</b>	6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane	6:00-7:00a Yoga Julie	6:00-7:00a Energize Step Diane		
Schedule begins Friday, July 1, 2016 and is subject to change	7:00-8:00a 20-10 Keith	7:00-8:00a Pilates Louise	7:00-8:00a Yoga Kay	7:00-8:00a Pilates Louise	7:00-8:00a Vinyasa Yoga Sally	7:30-8:30a Energize Step Diane	
Child Watch Hours: Monday 9-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 9-12,4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12 - noon Sunday - closed	8:00-9:00a Body Sculpt Andy	8:00-9:00a Pilates Barbara	8:15-9:15a Low Impact Tammy S.	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Sue L.	8:00-9:00a Zumba Emily	
	8:15-9:10a Zumba Gold Barbara	8:00-9:00a Fit for Life Sue L		8:00-9:00a Fit for Life Patience		8:45-9:45a Hardcore Justin	
	9:15-10:00a Pilates Susan F.	9:15-10:15a Powersculpt Susan F.	9:30-10:30a Classic Nia Jessica A	9:15-10:15a Power Hour Susan F.	9:15-10:15a NIA Sculpt Jessica A		
		9:15-10:15a Live Life Yoga Kay O.		9:15-10:15a Live Life Yoga Kay O.			
	10:45-11:45 Zumba Patience	10:30-11:30 Kind Yoga Dessie	10:45-11:45 Zumba Sona	10:30-11:30 Kind Yoga Dessie	10:30-11:45a Yoga Flow Sally		12:15-1:15p Zumba Emily
	11:45-12:45 Vitality Stretch*** <b>Starts 7/18</b>		11:45-12:45 Vitality Stretch*** <b>Starts 7/20</b>				1:45-2:45p Yoga Dawn S.
			1:00-2:00p Chair Denise G.				1:45-2:30p Aqua Zumba Carolyn
	4:30-5:30p Zumba Christy	4:15p-5:15p Restorative Yoga-Sally	4:15-5:15p Restorative Yoga-Sally	4:30-5:30p Zumba Christy	5:00-6:00p Zumba Christy		
	5:30-6:30p Just Core Carolyn		5:30-6:30p Cize Live Sona	5:30-6:30p Bootcamp Sue L.	6:00-7:00p Yoga Julie		
	6:30-7:30p Yoga Dawn S.		6:30-7:30p Zumba Toning Carolyn	6:30-7:30p Yoga Julie			
				7:30-8:30p Aikido Larry M.			

\*\*\*Vitality Stretch is on hiatus 7/1-7/17. Class will resume 7/18 Monday and 7/20 Wednesday\*\*\*