

July Schedule

All Classes on this schedule are free to our members and are 1 hour in duration!
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Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:30am							
8:00am							
9:00am	AIT w/Angela	TAI CHI w/Maria S.	AIT w/Angela	Functional Training w/Maria S.	ZUMBA w/Shannon	TABATA/ PILATES 30min/25min w/Melinda	
10:00am						ZUMBA w/Lara	
3:00pm							MAX 30 w/Lori-Beth
4:00pm							ZUMBA w/Amy
5:00pm	RIP w/Melinda	STEP/ COMBO w/Melinda	RIP w/Lori- Beth	KICK BOXING COMBO w/Melinda	R.I.P.P.E.D w/ Nana		
6:00pm	ZUMBA w/ Lara	ZUMBA w/Renee	ZUMBA w/Lara	COUNTRY HEAT w/Diane	ZUMBA w/Renee		
7:00pm	PIYO- STRENGTH w/Tammy	RIP w/Adana	FIT BARRE w/Adana	RIP w/Adana			

