








SUMMER CLASSES

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp w/Fariss 8:30a - Boxing Studio	Bootcamp w/Bonnie 8:30a - Group Ex 2	AM Bootcamp w/Jemar 6:00a - Group Ex 2	Boxing w/Bonnie 8:30a - Boxing Studio	AM Bootcamp w/Jemar 6:00a - Group Ex 2	Hot Yoga w/Julie 8:30a - Yoga Studio
Spin w/Lane 9:00a - Spin Room	 Aqua Zumba w/Nancy 9:30a - Lap Pool	Zumba w/Nancy 9:00a - Group Ex 2	 Aqua HITT w/Melanie 9:30a - Lap Pool	Spin w/Fariss 9:00a - Spin Room	Zumba w/Nancy 9:30a - Group Ex 2
Strength w/Nancy 9:00a - Group Ex 2	Cardio Circuit w/Barbara 10:30a - Group Ex 2	Spin w/John 9:00a - Spin	Cardio Circuit w/Barbara 10:30a - Group Ex 2	Zumba w/Nancy 9:00a - Group Ex 2	Sunday
 H2O MashUp w/Kara 9:30a - Lap Pool	Sr. Bootcamp w/Kara 1:00p - Group Ex 2	 H2O MashUp w/Kara 9:30a - Lap Pool	Gentle Flow Yoga w/Alisa 10:30a - Yoga Studio	 Aqua Slots w/Melanie 9:30a - Lap Pool	
Yoga w/Leslie 10:00a - Yoga Studio	Zumba w/Nancy 5:30p - Group Ex 2	Sr. Yoga w/Barbara 10:30a - Group Ex 2	Sr. Bootcamp w/Kara 1:00p - Group Ex 2	Mixed Fit w/Barbara 10:30a - Group Ex 2	 <p>Access our class schedule any time on the H&W App.</p> <p>We love our group ex classes!! Make friends. HAVE FUN!!</p> <p> Pool Closed 1 Hour for Class</p>
Sr. Bootcamp w/Kara 11:30a - Group Ex 2	Spin w/Lane 5:30p - Spin Room	Shuffle w/Nancy 1:00p - Group Ex 2	Hot Yoga w/ Bethany 5:30p - Yoga Studio	Restorative Yoga w/Alisa 10:30a - Yoga Studio	
Shuffle w/Nancy 1:00p Group Ex 2	Beginners Yoga w/Leslie 5:30p - Yoga Studio	Yoga w/Julie 4:30p - Yoga Studio	HIIT w/ Bonnie 5:00p - Group Ex 2 (30 min. Weight Class)		
Bootcamp w/Bonnie 5:30p - Group Ex 2	15 Min. Quiet the Mind Meditation w/Leslie 6:30p - Yoga Studio	Boxing w/Bonnie 5:30p - Boxing Studio			
Spin w/Kelly 5:30p - Spin Room					