

JULY

# strength & toning

## MONTHLY CLASS SCHEDULE



| MONDAY                                                                                                                                               | TUESDAY                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                                                                       | FRIDAY                                                                                                  | SATURDAY                                                    | SUNDAY                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|
|                                                                                                                                                      | <b>1</b><br>Senior Fun & Fit   Kelley<br>8:45-9:30 am (G2)<br><br>Senior Circuit   Kelley<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Tammy<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Alyssa<br>4:45-5:45 pm (G2)   | <b>2</b><br>BODYPUMP   Humberto<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Naomi<br>9:00-10:00 am (G2)<br><br>SS Classic   Margaret<br>11:00-11:45 am (Y1)<br><br>BODYPUMP   Sandy<br>5:15-6:00 pm (G2) | <b>3</b><br>Senior Fun & Fit   Tammy<br>8:45-9:30 am (G2)<br><br>Senior Circuit   Tammy<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Alyssa<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Sandy<br>4:45-5:45 pm (G2)<br><br>BODYPUMP   Katya<br>7:00-8:00 pm (G2)        | <b>4</b><br><br><b>HAPPY 4TH OF JULY</b><br><br><b>FACILITY CLOSED</b>                                  | <b>5</b><br><br>BODYPUMP   Humberto<br>10:00-11:00 am (G2)  | <b>6</b><br><br>BODYPUMP   Sandy<br>10:45-11:45 am (G2)     |
| <b>7</b><br><br>BODYPUMP   Sandy<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Naomi<br>9:00-10:00 am (G2)<br><br>BODYPUMP   Humberto<br>7:00-8:00 pm (G2)  | <b>8</b><br>Senior Fun & Fit   Kelley<br>8:45-9:30 am (G2)<br><br>Senior Circuit   Kelley<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Yvonne<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Alyssa<br>4:45-5:45 pm (G2)  | <b>9</b><br>BODYPUMP   Humberto<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Amber<br>9:00-10:00 am (G2)<br><br>SS Classic   Margaret<br>11:00-11:45 am (Y1)<br><br>BODYPUMP   Sandy<br>5:15-6:00 pm (G2) | <b>10</b><br>Senior Fun & Fit   Kelley<br>8:45-9:30 am (G2)<br><br>Senior Circuit   Kelley<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Alyssa<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Yvonne<br>4:45-5:45 pm (G2)<br><br>BODYPUMP   Humberto<br>7:00-8:00 pm (G2) | <b>11</b><br><br>BODYPUMP   Sandy<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Katya<br>10:15-11:00 am (G2)   | <b>12</b><br><br>BODYPUMP   Alyssa<br>10:00-11:00 am (G2)   | <b>13</b><br><br>BODYPUMP   Humberto<br>10:45-11:45 am (G2) |
| <b>14</b><br><br>BODYPUMP   Sandy<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Amber<br>9:00-10:00 am (G2)<br><br>BODYPUMP   Humberto<br>7:00-8:00 pm (G2) | <b>15</b><br>Senior Fun & Fit   Kelley<br>8:45-9:30 am (G2)<br><br>Senior Circuit   Kelley<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Tammy<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Alyssa<br>4:45-5:45 pm (G2)  | <b>16</b><br>BODYPUMP   Yvonne<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Naomi<br>9:00-10:00 am (G2)<br><br>SS Classic   Margaret<br>11:00-11:45 am (Y1)<br><br>BODYPUMP   Sandy<br>5:15-6:00 pm (G2)  | <b>17</b><br>Senior Fun & Fit   Kerri<br>8:45-9:30 am (G2)<br><br>Senior Circuit   Kerri<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Alyssa<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Yvonne<br>4:45-5:45 pm (G2)<br><br>BODYPUMP   Katya<br>7:00-8:00 pm (G2)      | <b>18</b><br><br>BODYPUMP   Sandy<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Isabell<br>10:15-11:00 am (G2) | <b>19</b><br><br>BODYPUMP   Humberto<br>10:00-11:00 am (G2) | <b>20</b><br><br>BODYPUMP   Katya<br>10:45-11:45 am (G2)    |
| <b>21</b><br><br>BODYPUMP   Sandy<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Naomi<br>9:00-10:00 am (G2)<br><br>BODYPUMP   Katya<br>7:00-8:00 pm (G2)    | <b>22</b><br>Senior Fun & Fit   Kelley<br>8:45-9:30 am (G2)<br><br>Senior Circuit   Kelley<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Tammy<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Alyssa<br>4:45-5:45 pm (G2)  | <b>23</b><br>BODYPUMP   Yvonne<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Amber<br>9:00-10:00 am (G2)<br><br>SS Classic   Margaret<br>11:00-11:45 am (Y1)<br><br>BODYPUMP   Sandy<br>5:15-6:00 pm (G2)  | <b>24</b><br>Senior Fun & Fit   TBD<br>8:45-9:30 am (G2)<br><br>Senior Circuit   TBD<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Alyssa<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Yvonne<br>4:45-5:45 pm (G2)<br><br>BODYPUMP   Katya<br>7:00-8:00 pm (G2)          | <b>25</b><br><br>BODYPUMP   Naomi<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Isabell<br>10:15-11:15 am (G2) | <b>26</b><br><br>BODYPUMP   Alyssa<br>10:00-11:00 am (G2)   | <b>27</b><br><br>BODYPUMP   TBD<br>10:45-11:45 am (G2)      |
| <b>28</b><br><br>BODYPUMP   Sandy<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Naomi<br>9:00-10:00 am (G2)<br><br>BODYPUMP   Katya<br>7:00-8:00 pm (G2)    | <b>29</b><br>Senior Fun & Fit   Kelley<br>8:45-9:30 am (G2)<br><br>Senior Circuit   Kelley<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Yvonne<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Alyssa<br>4:45-5:45 pm (G2) | <b>30</b><br>BODYPUMP   TBD<br>5:30-6:30 am (G2)<br><br>BODYPUMP   Amber<br>9:00-10:00 am (G2)<br><br>SS Classic   Margaret<br>11:00-11:45 am (Y1)<br><br>BODYPUMP   Sandy<br>5:15-6:00 pm (G2)     | <b>31</b><br>Senior Fun & Fit   Kerri<br>9:45-10:30 am (G2)<br><br>Senior Circuit   Kerri<br>9:45-10:30 am (G2)<br><br>BODYPUMP   Alyssa<br>12:00-12:45 pm (G2)<br><br>BODYPUMP   Naomi<br>4:45-5:45 pm (G2)<br><br>BODYPUMP   Katya<br>7:00-8:00 pm (G2)      |                                                                                                         |                                                             |                                                             |

**PLEASE NOTE:** Instructor schedules are posted at the beginning of the month and are subject to change.