

JULY

strength & toning MONTHLY CLASS SCHEDULE



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

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