

# JULY GROUP FITNESS



TIME	MON	TUES	WEDS	THURS	FRI	SAT
8:00 AM	Gentle Yoga - Cassidy	Gentle Yoga - Jodie	Gentle Yoga - Cassidy	Gentle Yoga - Kat	Gentle Yoga - Kat	Flow Restore - Kat
9:00 AM	Total Body - Bonnie	HITT - Bonnie	Pilates - Bonnie	HITT - Bonnie	Total Body - Bonnie	
10:00 AM	Aqua Aerobics - Bonnie	Barre - Bonnie	Aqua Aerobics - Bonnie	Barre - Bonnie	Aqua Aerobics - Bonnie	
10:00 AM	Relax & Restore - Cassidy		Yoga Yin - Cassidy			
11:00 AM	Aqua Aerobics - Bonnie		Aqua Aerobics - Bonnie			
4:00 PM		Sweat & Strength - Kat				
5:00 PM		Gentle Yoga - Kat				