GROUP EXERCISE SCHEDULE

JULY 2025

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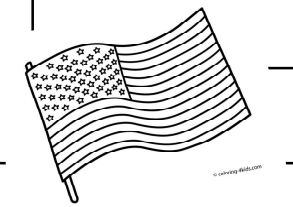
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7:15 am - Studio A Lauren	**YOGA** 6:00 am - Studio B Jen	**BOOTCAMP** 6:00 am - Studio A Bridgette	**YOGA** 6:00 am - Studio B Jen	**SUNRISE CYCLE** 6:00 am - Cycle Studio Susan	**FLOW YOGA** 8:00 am - Studio B Jen	**YOGA** 8:00 am - Studio A Sarah
SCULPT 8:15 am - Studio A Jan	**SUNRISE CYCLE** 6:00 am - Cycle Studio Bridgette	**VIVE CYCLE** 8:00 am - Cycle Studio Jan	**BOOTCAMP** 6:00 am - Studio A Sarah	**VIVE CYCLE** 8:00 am - Cycle Studio Ande	**BOOTCAMP** 8:00 am - Studio A Brigette P.	**MAT PILATES** 9:00 am - Studio A Maria
VIVE CYCLE 8:15 am - Cycle Studio Amy	**CARDIO & CORE** 8:00 am - Studio A Brigette P.	**TURNED UP** 8:00 am - Studio A Ande	**MAT PILATES** 8:00 am - Studio A Maria	**BOOTCAMP** 8:00 am - Studio A Bridgette	**VIVE CYCLE** 8:30 am - Cycle Studio Liz	**VIVE CYCLE** 9:30 am - Cycle Studio Ande
BOOTCAMP 9:15 am - Studio A Amy	**FIT BARRE** 8:15 am - Studio B Lori	**SCULPT** 9:00 am - Studio A Kitty	**VIVE CYCLE** 8:15 am - Cycle Studio Amy	**SCULPT** 9:00 am - Studio A Kitty	**DANCE FITNESS** 9:00 am - Studio A Vanessa	**BOOTCAMP** 10:30 am - Studio A Ande
YOGA 9:30 am - Studio B Elyse	**SWEAT & SCULPT** 9:15 am - Studio A Bridgette	**YOGA** 9:30 am - Studio B Alison	**STRETCH/MOBILITY** 8:30 am - Studio B Bridgette	**SCULPT** 10:00 am - Studio A Kitty		
	YOGA 9:30 am - Studio B Elyse	**SCULPT** 10:00 am - Studio A Kitty	**TABATA** 9:15 am - Studio A Amy			
			DANCE FITNESS 10:15 am - Studio A Sofia			
BOOTCAMP 4:00 pm - Studio A Kitty	**KB SWING & SCULPT** 5:15 pm - PT Studio Kitty	**BUNS & GUNS** 5:30 pm - Studio A Brier				
RHYTHM RIDE 5:15 pm - Cycle Studio Daryl	**ARMS + ABS** 5:30 pm - Studio A Brier					
DANCE FITNESS 6:00 pm - Studio A Vanessa						



FOURTH OF JULY UPDATES

***THURSDAY (7/3)**
closing at 8PM*

FRIDAY ONLY (7/4)
GYM HOURS 6AM-12PM
CHILD CARE 8AM-12PM

MODIFIED CLASS SCHEDULE
8AM BOOTCAMP (Bridge)
9AM RIDE (Donna)
9:30AM SCULPT & SWEAT (Bridge)

CHILD CARE HOURS

Daytime
Monday- Sunday
8am to 11am

Nighttime
Monday- Wednesday
4:00pm to 7:00pm

POP-UP DANCE FITNESS WITH ERIN
THURSDAY
JULY 10th & AUGUST 7th
6:30 pm - Studio A

Shake of the Month

Piña Colada