



Fitness July 2021

Schedule Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:00 Spin Express 9:00 Body Pump Flex and Define (Jessica) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	2 9:00 Zone Tone (Emily W) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Daneille)	3 
4 	5 10:30 iTone (Rissa) 12:00 Chair Yoga (Kappy) 6:00 Cardio Dance (Emily)	6 9:00 Spin 9:30 Body Pump Flex and Define (Danielle) 10:30 Fit For Life (Danielle) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	7 9:00 Power Camp / Kettlebell (Emily w) 10:45 C. Silver Sneakers (Emily w) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W)	8 8:00 Spin Express 9:00 Body Pump Flex and Define (Jessica) 10:30 Fit for Life (Daneille) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily)	9 9:00 Zone Tone (Emily W) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Daneille)	10 Yoga in the Park 9:00am-10:30am (Kappy) 12:00 Gentle Yoga
11	12 9:00 Barre (Danielle) 10:00 Stretching/foam roll (Danielle) 10:30 iTone (Rissa) 12:00 Chair Yoga (Kappy)	13 9:00 Spin 9:30 Body Pump Flex and Define (Danielle) 10:30 Fit For Life (Danielle) 5:30 Cardio Acceleration (Rissa) 6:00 Cardio Dance (Emily) 7:00 Yoga (Kappy)	14 9:30 Power Camp / Kettlebell (Emily W) 10:45 C. Silver Sneakers (Emily) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W)	15 8:00 Spin Express 9:00 Body Pump Flex and Define (Jessica) 10:30 Fit for Life (Danielle) 5:30 Cardio Acceleration (Rissa) 7:00 Yoga (Kappy)	16 9:00 Zone Tone (Emily W) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Daneille)	17 12:00 Gentle Yoga
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25	26 10:30 iTone (Rissa) 12:00 Chair Yoga (Kappy)	27 9:00 Spin 5:30 Cardio Acceleration (Rissa) 7:00 Yoga (Kappy)	28 9:00 Power Camp / Kettlebell (Emily W) 10:45 C. Silver Sneakers (Emily w) 10:30 iTone (Rissa) 5:30 Mat Pilates (Emily W) 6:30 Sculpt Pilates (Emily W)	29 8:00 Spin Express 9:00 Body Pump Flex and Define (Jessica) 5:30 Cardio Acceleration (Rissa) 7:00 Yoga (Kappy)	30 9:00 Zone Tone (Emily W) 10:30 iTone (Rissa)	31 12:00 Gentle Yoga (Kappy)