

# GROUP FITNESS

# JULY

# 2021

## Monday

Bootcamp/Boxing w/Leslie  
9:00 am - Boxing Studio

Strength w/Nancy  
9:00 am - Group Ex 2

#H2O MashUp w/Kara  
9:30 am - Lap Pool

Restorative Yoga w/Leslie  
10:30 am - Yoga Studio

Senior Bootcamp w/Kara  
11:30 am - Group Ex 2

Shuffle w/Nancy  
1:00 pm Group Ex 2

Bonnie's Bootcamp  
5:30 pm - Group Ex 2

Spin w/Kelly  
5:30 pm - Spin Room

## Tuesday

Bonnie's Bootcamp  
8:30 am - Group Ex 2

Zumba w/Nancy  
9:30 am - Group Ex 2

#Liquid Gym w/Carol  
9:30 am - Lap Pool

Senior Yoga w/Barbara  
10:30 am - Group Ex 2

Senior Bootcamp w/Kara  
1:00 pm - Group Ex 2

Zumba w/Nancy  
5:30 pm - Group Ex 2

Yoga @ Its' Core w/Leslie  
5:30 pm - Yoga Studio

## Wednesday

AM Bootcamp w/Jemar  
6:00 am - Group Ex 2

Zumba w/Sarah  
9:00 am - Group Ex 2

Spin w/John  
9:00 am - Spin Room

#H2O Mash Up w/Kara  
9:30 am - Lap Pool

Cardio Circuit w/Barbara  
10:30 am - Group Ex 2

Yoga w/ Bethany  
12:00 pm - Yoga Studio

Shuffle w/Nancy  
1:00 pm Group Ex 2

Boxing w/Bonnie  
5:30 pm - Boxing Studio

## Thursday

Boxing w/Bonnie  
8:30 am - Boxing Studio

#Water Works w/Melanie  
9:30 am - Lap Pool

Cardio Circuit w/Barbara  
10:30 am - Group Ex 2

Senior Bootcamp w/Kara  
1:00 pm - Group Ex 2

Yoga w/ Bethany  
5:30 pm - Yoga Studio

\*HIIT w/ Bonnie  
5:30 pm - Group Ex 2

## Friday

Spin w/Fariss  
9:00 am - Spin Room

Zumba w/Nancy  
9:00 am - Group Ex 2

\*#Aqua Fit w/Carol  
9:30 am - Lap Pool

Mixed Fit w/Barbara  
10:30 am - Group Ex 2

## Saturday

Hot Yoga w/ Bethany  
8:30 am - Yoga Studio

Zumba w/Nancy  
10:30 am - Group Ex 2

Access our class schedule  
any time on the H&W App.  
Check it out!



## We love our group ex classes!!

\*New Class!

#Pool Closed 1 Hour for Class