

Group Fitness Classes July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Wall Yoga(RB) SBJ 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	2 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) Eleanor 8:30 Vinyasa Yoga(MB) Marsha 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 4:30 Cardio Tabata(CS) Cordell 5:30 Lift&Pump(CS) MA 5:30 Vinyasa Yoga(MB) Tim	3 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Sarabeth 6:00 Gentle Flow(MB) MA	4 The Y will be closed in observance of the Holiday 	5 8:00 Step (CS) * No Class 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda	6 8:30 Cycling(CY) Lisa 8:30 Gentle Flow Yoga(MB) Dawn
7 3:00 Gentle Flow Yoga (MB) Mason	8 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Gentle Flow(MB) Billie 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	9 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) Eleanor 8:30 Vinyasa Yoga(MB) Marsha 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 4:30 Cardio Tabata(CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	10 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) MA	11 5:45 Lift&Pump(CS) Iris 8:30 Full Body Fusion(BB) ER 8:30 Gentle Flow Yoga(MB) Mason 8:30 Cycling(CS) Sidney 11:00 Senior Fit (CS) SBJ 11:15 PACE(MB) Mason 4:30 Strength Tabata(CS) Cordell 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) No Class	12 8:00 Step (CS) Iris 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda	13 8:30 Cycling(CY) Jenn 8:30 Gentle Flow Yoga(MB) Billie
14 3:00 Gentle Flow Yoga (MB) Nancy	15 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Wall Yoga(RB) SBJ 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	16 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) Eleanor 8:30 Vinyasa Yoga(MB) TBD 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 4:30 Cardio Tabata(CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	17 5:45 BCamp(CS) Iris 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) Billie 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) *No Class* 11:15 Chair Yoga(MB) MA 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) MA	18 5:45 Lift&Pump(CS) Iris 8:30 Full Body Fusion(BB) ER 8:30 Gentle Flow Yoga(MB) Tim 8:30 Cycling(CS) Sidney 11:00 Senior Fit (CS) SBJ 11:15 PACE(MB) Billie 4:30 Strength Tabata(CS) Cordell 5:30 Vinyasa Yoga(MB) SBJ 6:00 Zumba(CS) Stephanie	19 8:00 Step (CS) Iris 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Melissa A 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda	20 8:30 Cycling(CY) Sidney 8:30 Gentle Flow Yoga(MB) Dawn
21 3:00 Gentle Flow Yoga (MB) Dawn	22 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Gentle Flow(MB) Melissa A 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	23 5:45 Lift&Pump(CS) Iris 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) Eleanor 8:30 Vinyasa Yoga(MB) Marsha 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 4:30 Cardio Tabata(CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	24 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) TBD 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Tim 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) Tim	25 5:45 Lift&Pump(CS) Iris 8:30 Full Body Fusion(BB) ER 8:30 Gentle Flow Yoga(MB) Tim 8:30 Cycling(CS) Sidney 11:00 Senior Fit (CS) SBJ 11:15 PACE(MB) Sheree 4:30 Strength Tabata(CS) Cordell 5:30 Vinyasa Yoga(MB) MP 6:00 Zumba(CS) No Class	26 8:00 Step (CS) Iris 8:30 Fit For Life(BB) Cathy 8:30 Pilates(MB) Sheree 9:30 Tabata(CS) Avis 9:45 Tai Chi Y24(MB) Linda 10:30 Tai Chi S73(MB) Linda	27 8:30 Cycling(CY) Sidney 8:30 Gentle Flow Yoga(MB) Billie
28 3:00 Gentle Flow Yoga (MB) Billie	29 5:45 Tabata(CS) Lisa 8:30 Zumba(CS) Eleanor 8:30 Fit For Life(BB) Cathy 8:30 Wall Yoga(RB) SBJ 9:30 Arms&Core(CS) ER 9:45 Tai Chi Y24 (MB) Linda 10:30 Tai Chi S73(MB) LR 5:30 Pilates(MB) Melissa A 6:00 Zumba(CS) Lia 6:00 Cycle(CY) Sarabeth	30 5:45 Lift&Pump(CS) Lisa 8:30 Barre(CS) Melissa A 8:30 Bums&Tums(BB) Eleanor 8:30 Vinyasa Yoga(MB) Marsha 11:00 Senior Fit (CS) ER 11:15 PACE(MB) Peggy 4:30 Cardio Tabata(CS) Cordell 5:30 Lift&Pump(CS) Iris 5:30 Vinyasa Yoga(MB) Tim	31 5:45 BCamp(CS) Lisa 8:30 FitForLife(BB) Cathy 8:30 Zumba(CS) Eleanor 8:00 Men's Yoga(MB) MK 9:30 Strength(CS) Avis 10:00 Adaptive Yoga(MB) Marsha 11:15 Chair Yoga(MB) MP 5:00 Barre(CS) Melissa A 6:00 Cycling(CY) Jenn 6:00 Gentle Flow(MB) MA	*Please note the addition of Cycling on Thursdays at 8:30am with Sidney for the month of July!	Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court RB=Racquetball Court CY=Cycling Studio	