

Group Fitness Schedule Effective July 1st-July 31st

Stat Holidays: July 1st No classes, pool or programs.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y Cycle 6:15am-7:15am Cycle Studio Hermann	Y Strength 6:15am-7:00am Gymnasium Shawn	Y Cycle 6:15am-7:00am Cycle Studio Karen	Y Sweat 6:15am-7:00am Gymnasium Martha	Y Cycle 6:15am-7:15am Cycle Studio Hermann		
	Q Strength Gentle 8:30am-9:15am Velina		Q Strength Gentle 8am-8:45am Velina			
Y Aquafit 8:00am-9:00am Pool Lisa	Y Aquafit 8:00am-8:45am Pool Kelly	Y Aquafit 8:00am - 9:00am Pool Lisa	Y Aquafit 8:00am-8:45am Pool Kelly	Y Aquafit 8:00am-9:00am Pool Lisa	Y Aquafit 9:00am-9:45am Pool Dylan	
Y Hatha Yoga 9:15am - 10:15am Fitness Studio Erin		Y Cycle 9:15am-10:15am Cycle Studio Martha	Y Cycle 9:15am-10:15am Cycle Studio Gary	Y Yin Yoga 9:00am-10:15am Fitness Studio Class Returning Sept		
Y Cycle 9:15am-10:15am Cycle Studio Gisela		Y Sweat 9:15am-10:15am Gymnasium Jenn/Velina	Y Step 9:15am - 10:15am Fitness Studio Sharon	Y Sweat 9:30am-10:15am Gymnasium Tanya	Y Cycle 9:15am-10:15am Cycle Studio Andrea	
Y Strength 9:15am-10:15am Gymnasium Sharon	Y Step & Strength 9:15am-10:15am Fitness Studio Karen	Y Vinyasa Yoga 10:45am - 11:45am Fitness Studio Cassidy	Y Gentle Aquafit 10am-10:30am Pool Kelly No Class July 18		Y Step & Strength 9:15am - 10:15am Fitness Studio Krista/Sharon	
Adult Water Walking 10am-10:30am Pool	Y Aquafit 10:00am-10:45am Pool Karen	Y Gentle Cardio 10:45am-11:30am Gymnasium Pat	Y Dance 10:45am - 11:45am Fitness Studio Brenda No Class July 11, 18	Y Step & Strength 10:45am-11:45am Fitness Studio Sharon		Y Restorative Yoga 10:00am-11:15am Fitness Studio Sandra
Y Gentle Cardio 10:45am-11:30am Gymnasium Carolyn	Q Strength 10:30am - 11:15am Fitness Floor Sheridan	Equipment Orientation 11:00am - 12:00pm Velina	Q Strength 10:30am - 11:15am Fitness Floor Sheridan	Y Gentle Cardio 10:45am-11:30am Gymnasium Class Returning Sept		
Y Stretch 11:45am-12:30pm Fitness Studio Carolyn		Q Strength Gentle Fit Floor 12:00pm - 12:45pm Pat			Y Dance 10:30am - 11:30am Fitness Studio Brenda No Class July 13, 20	
Equipment Orientation 11:00am - 12:00pm Sheridan	Y Gentle Basics 11:30am-12:30pm MP2 Velina		Y Gentle Basics 11:30am-12:30pm MP2 Carolyn	Y Gentle Cardio & Tone 1:00pm - 2:00pm MP 2/3 Carol		
Pre-Teen Orientation (11 & 12 y/o) 4:00pm - 4:30pm Sheridan		Adult Water Walking 2:00pm-2:30pm Pool		Adult Water Walking 2:00pm-2:30pm Pool		
Teen Orientation (13-16 y/o) 4:30pm - 5:30pm Sheridan						
Y Bollywood Dance 5:00pm - 5:45pm Fitness Studio Class Returning Sept	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Kate/Lisa	Y Hatha Yoga 5:30pm-6:30pm Fitness Studio Cassidy No Class July 3	Y Vinyasa Yoga 5:30pm-6:30pm Fitness Studio Lisa	Y Sweat 5:30pm - 6:30pm Fitness Studio No Class July - Returning August		
Y Sweat 5:30pm-6:30pm Gymnasium Josh		Y Strength 5:30pm-6:30pm Gymnasium Melissa		Teen Orientation (13-16 y/o) 6:00pm - 7:00pm Kris		
Y Core Fitness Studio 6:45pm-7:30pm No Class July - Returning August	Y Cycle 6:45pm-7:45pm Cycle Studio Hermann	Y Cycle 6:45pm-7:45pm Cycle Studio Andrea/Rob	Y Sweat 6:45pm-7:45pm Gymnasium No Class July - Returning August	Pre-Teen Orientation (11 & 12 y/o) 7:00pm - 7:30pm Kris		
Y Aquafit 7:15pm - 8:00pm Pool Dylan/Michelle		Y Aquafit 7:15pm - 8:00pm Pool Michelle	Y Aquafit 7:15pm - 8:00pm Pool Class Returning Sept			

Updated June 30 2024

Pre-Registration Recommended on Mindbody, updated cancellations to be posted on Mindbody

