

GROUP EXERCISE SCHEDULE JULY 6-31

THIS SCHEDULE IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 8:45 a.m. STRETCH & STRENGTH AMY CV GYM	5:30 - 6:15 a.m. MIX IT AMY CV GYM	5:30 - 6:15 a.m. CYCLE MIKE CYCLE	5:30 - 6:15 a.m. HIIT AMY CV GYM	5:30 - 6:15 a.m. CYCLE GEORGE CYCLE	7 - 7:45 a.m. PUMP IT ADRIANE HUNTER GYM
8 - 8:45 a.m. YOGA CHRIS PATIO HUNTER GYM IF INCLEMENT WEATHER	7 - 7:45 a.m. BODY IN BALANCE CHRIS PATIO HUNTER GYM IF INCLEMENT WEATHER	5:30 - 6:15 a.m. CARDIO PUMP AMY CV GYM	8 - 8:45 a.m. LOW-IMPACT AMY PATIO CV GYM IF INCLEMENT WEATHER	5:30 - 6:15 a.m. CARDIO BARRE CHRIS CV GYM	8 - 8:45 a.m. PILATES AMY CV GYM
9:15 - 10 a.m. PUMP IT CHRIS HUNTER GYM	8 - 8:45 a.m. STRETCH CHRIS CV GYM	8 - 8:45 a.m. BARRE AMY PATIO CV GYM IF INCLEMENT WEATHER	9 - 9:45 a.m. CYCLE ADRIANE HUNTER GYM	7 - 7:45 a.m. BRING YOUR OWN BAND CHRIS HUNTER GYM	8:15 - 9 a.m. CYCLE ADRIANE HUNTER GYM
9:15 - 10 a.m. TOTAL BODY WORKOUT AMY CV GYM	9:15 - 10 a.m. TONE & SCULPT AMY CV GYM	9:15 - 10 a.m. DANCE FITNESS CHRIS CV GYM	9 - 9:45 a.m. CARDIO BOX AMY CV GYM	8:15 - 9 a.m. PILATES AMY HUNTER GYM	9:15 - 10 a.m. CARDIO PUMP AMY CV GYM
5:30 - 6:15 p.m. BOOTCAMP LORI SOCCER FIELD OR CV GYM IF INCLEMENT WEATHER	9:15 - 10 a.m. CYCLE ADRIANE HUNTER GYM	9:15 - 10 a.m. PUMP IT AMY HUNTER GYM	5:30 - 6:15 p.m. EXTREME STEP LORI CV GYM	9:15- 10 a.m. CONDITIONING & CORE ADRIANE CV GYM	9:30 - 10:15a.m. BOOTCAMP LAURA SOCCER FIELD OR CV GYM IF INCLEMENT WEATHER
6:15 - 7 p.m. CYCLE PHYLLIS HUNTER GYM	6:30 - 7:15 p.m. CONDITIONING & CORE CASSY PATIO CV GYM IF INCLEMENT WEATHER	5:30 - 6:15 p.m. CYCLE CHRIS HUNTER GYM	6:45 - 7 p.m. P90X CASSY CV GYM		SUNDAY 8:30 - 9:15 a.m. TOTAL BODY WORKOUT CASSY CV GYM
6:45 - 7 p.m. STEP & SCULPT AMY CV GYM		6:30 - 7:15 p.m. CARDIO JAM SHASTA CV GYM			

Classes listed in **red** on the schedule indicate the class is FREE for members as a benefit.
All classes require registration and are available three days in advance.