

# JULY-AUGUST GROUP EXERCISE SCHEDULE



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00A-7:00A						
9:00A-10:00A	ESSETRICS TONING Kimberly	CIRCUIT CLASS Lynn	BALLET BARRE Kimberly			
9:00A-10:15A		POWER FLEX Jan		CORE PULL Jan		
9:30A-10:30A						ZUMBA Keeley
10:30A-11:30A				GENTLE ESSETRICS Kimberly		
12:00P-1:00P	FOUNDATIONS of YOGA Sage		ASHTANGA Sage		YIN with Sage	
5:30P-6:30P	ZUMBA & FITNESS Keeley	KICKBOXING Keeley			STRENGTH IN #S Virginia	
					ZUMBA Melody	
6:30P-7:30P		ZUMBA Betty		ZUMBA TONING Betty		