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## Summer Group Exercise Schedule 6/10/2024 - 9/2/2024

**\*NO CLASSES ON HOLIDAYS\***

**\*July 4th, Labor Day\***

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM				Power Strike Lori			
8:15AM			Ripped & Ride Kim		Spin Kim		
8:30AM	Lean Physique Jen	Power Step Kelly	Butts & Guts Chris	Cardio Step Chris	Barre Kelly		Total Body Strong Deb
9:00AM						Lean Physique Lori	Spin Maria
9:00AM							
9:30AM	Yoga Karen	Total Body Strong Kelly	Trim Down Chris	Total Body Strong Chris	BoxFit Kelly		Yoga Karen
9:30AM			Spin/Abs Kim	Power Strike Jayne		Ripped & Ride Jayne	
9:30AM		Aqua Laurie	Aqua Ella		Aqua Ella		
10:30AM		Stretch Kelly		Stretch Chris			Zumba Maria
11:15AM		Silver Sneakers Maria		Silver Sneakers Maria		Silver Seniors Laurie	
4:30PM			Butts & Guts Kelly		Ripped & Ride Deb		
5:30PM		Lean Physique Deb		Total Body Strong Michele			
5:30PM			Power Strike Tara		Power Strike Jayne		
6:30PM		Yoga Cheryl		Yoga Karen			