

Independence Day

Group Exercise Schedule
Tuesday, July 4, 2017

	Class	Instructor	Location
8:00 AM	Flow Yoga	Lisa	Studio C
8:00 AM	Interval Toning	Justin	Studio B
9:00 AM	BODYPUMP	Karolina	Studio B
9:00 AM	Pilates	Stella	Studio C
10:00 AM	Zumba	Andres	GYM
10:15 AM	Spin	Karolina	Studio B
11:00 AM	Yoga Stretch & Strength	Amy M.	Studio C
12:00 PM	Aqua Fit	Luci	Indoor Pool

