

Independence Day

Group Exercise Schedule
Wednesday, July 4, 2018

	Class	Instructor	Location
7:15 AM	SPRINT	Karolina	Studio B
8:00 AM	BODYPUMP	Karolina	Studio B
8:00 AM	Flow Yoga	Robin	Studio A
8:30 AM	Zumba	Andres	Wasserman Gymnasium
8:30 AM	Cardio Sculpt w/Ball	Sandy	Studio C
9:30 AM	Les Mills BARRE Demo	Rachel/Vicky	Studio B
10:00 AM	BODYFLOW (30 min)	Rachel	Studio B
10:00 AM	Aqua Zumba	Ruth	Indoor Pool
10:30 AM	Triple Fitness	Cynthia	Studio B
10:30 AM	Balance & Strength	Luci	Studio C
1:00 PM	Aqua Flex & Stretch	Roz	Indoor Pool

Please note special times and room changes for classes on July 4.

