## August 2025 GROUP FITNESS



		Cla	sses are subject to char	ige	1	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRICING:		29	30	31	1	2
	Circuit & Core – 8:30	Circuit & Core – 8:30	HIIT – 5:00 a.m.		HIIT - 5:00 a.m.	Yoga – 9:30 a.m
\$50 PER	a.m.	a.m.	HIII - 3.00 a.III.	Landan and Character		10ga – 3.30 a.iii
MONTH, PER		a.iii.		Low Impact Strength,	Candia Channeth O	
			Circuit & Core – 8:30	Stretch & Tone –	Cardio Strength &	
RESIDENT	Voga - 0:20 a m		a.m.	8:30 a.m.	Kickboxing – 8:30	
	Yoga – 9:30 a.m.	Pilates – 9:30 a.m.			a.m.	
\$30 PRORATED.			Zumba – 7:00 p.m.	Barre – 9:30 a.m.		
AFTER THE 14 <sup>TH</sup>	Circuit & Core – 7:00			barre 3.30 anni		
	p.m.			D II W 7 00		
\$15 DROP-IN				Bolly X- 7:00 p.m.		
3	4	5	6	7	8	9
Yoga – 9:30 a.m.	Circuit & Core – 8:30	Circuit & Core – 8:30	HIIT – 5:00 a.m.		HIIT – 5:00 a.m.	Yoga – 9:30 a.m
=	a.m.	a.m.		Low Impact Strength,		
			Circuit & Core – 8:30	Stretch & Tone –	Cardio Strength &	
	Yoga – 9:30 a.m.		a.m.		_	
	10ga 3.30 a.iii.		w	8:30 a.m.	Kickboxing – 8:30	
		Pilates – 9:30 a.m.	7ho 7.00		a.m.	
	Circuit & Core – 7:00		Zumba – 7:00 p.m.	Barre - 9:30 a.m.		
	p.m.					
				Bolly X- 7:00 p.m.		
				bony X 7.00 p.m.	Yoga – 9:30 a.m.	
10	11	12	13	14	15	16
<b>10</b> Yoga – 9:30 a.m.			_		13	
		Circuit & Core – 8:30	HIIT – 5:00 a.m.	Low Impact Strength,		Yoga – 9:30 a.m
		a.m.		Stretch & Tone -	HIIT – 5:00 a.m.	
	Circuit & Core – 8:30		Circuit & Core – 8:30	8:30 a.m.		
	a.m.	Pilates – 9:30 a.m.	a.m.		Cardio Strength &	
				Barre – 9:30 a.m.	Kickboxing – 8:30	
			Zumba – 7:00 p.m.	Daile - 5.50 a.iii.	a.m.	
	Yoga – 9:30 a.m.		Zumba – 7.00 p.m.		a.iii.	
	10ga 5.30 a.m.			Bolly X- 7:00 p.m.		
	Circuit & Core – 7:00					
	p.m.				Yoga – 9:30 a.m.	
17	18	19	20	21	22	23
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Yoga – 9:30 a.m.		Circuit & Core – 8:30	HIIT – 5:00 a.m.	Low Impact Strength,		Yoga – 9:30 a.m
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	Circuit & Core – 8:30		Circuit & Core – 8:30	8:30 a.m.		
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	i			Barre – 9:30 a.m.	Kickboxing – 8:30	
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	Yoga – 9:30 a.m.		Zumba – 7:00 p.m.	Bolly X- 7:00 p.m.		
	Yoga – 9:30 a.m.		Zumba – 7:00 p.m.	Bolly X- 7:00 p.m.		
			Zumba – 7:00 p.m.	Bolly X- 7:00 p.m.		
	Circuit & Core – 7:00		Zumba – 7:00 p.m.	Bolly X- 7:00 p.m.		
			Zumba – 7:00 p.m.	Bolly X- 7:00 p.m.	Yoga – 9:30 a.m.	
	Circuit & Core – 7:00		Zumba – 7:00 p.m.	Bolly X- 7:00 p.m.		
	Circuit & Core – 7:00		Zumba – 7:00 p.m.	Bolly X- 7:00 p.m.		

24	25	26	27	28	29	30
Yoga – 9:30 a.m.		Circuit & Core – 8:30	HIIT – 5:00 a.m.	Low Impact Strength,		
		a.m.		Stretch & Tone -		Yoga- 9:30 a.m.
	Circuit & Core – 8:30		Circuit & Core – 8:30	8:30 a.m.	HIIT – 5:00 a.m.	
	a.m.	Pilates – 9:30 a.m.	a.m.			
				Barre – 9:30 a.m.	Cardio Strength &	
					Kickboxing – 8:30	
	Yoga – 9:30 a.m.			Bolly X- 7:00 p.m.	a.m.	
	Circuit & Core – 7:00					
	p.m.					
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					Yoga – 9:30 a.m.	