

JULY 2021 GROUP FITNESS SCHEDULE

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:30 - 2:30	5:00 - 6:00
MONDAY	Class Instructor	Dance Bayley	Strength Worx Bayley	Chair Yoga Bayley		ZUMBA Angela
TUESDAY	Class Instructor	Morning Mashup Melanie	(see below) INTERN YOGA Gloria Haydon	Strength, Balance & Coordination Barbara	Volleyball	Yoga Susan
WEDNESDAY	Class Instructor	Functional Tabata Alicia	Yoga for Mobility Jaime	Silver Sneakers Barbara		Rejuvenation Yoga Rebe
THURSDAY	Class Instructor	Cardio/Boxing Intervals Bayley	Butts and Guts Bayley	Strength, Balance & Coordination Barbara	Volleyball	ZUMBA Angela
FRIDAY	Class Instructor	Functional Training Alicia	Restorative Yoga Alicia	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	Yoga Susan			

INTERN YOGA - July 6, July 13, July 27, August 10, August 17, August 24 and August 31

Gloria Haydon will be joining us from the Lexington Healing Arts Academy to complete her "Externship Experience" in the yoga industry.

Gloria is a student in the LHAA Yoga Teacher Training program. Gloria will be sure to welcome your comments and advice as she learns.