

AUGUST, 2022
Fit-Time for Women
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	YOGA Bayley	Strength, Balance & Coordination Barbara	Volleyball	YOGA Susan
WEDNESDAY	Class Instructor	Circuit Training Alicia	Yoga for Mobility Jaime	Silver Sneakers Barbara		7/27 - NO CLASS 8/3 - Kickboxing 8/10 - POUND 8/17 - Tai Chi 8/24 - PILATES 8/31 - YOGA
Wednesday 5:00 will have different instructors.						
THURSDAY	Class Instructor	HIIT/LIIT Bayley	Butts and Guts Bayley	Strength, Balance & Coordination Barbara	Volleyball	ZUMBA Angela
FRIDAY	Class Instructor	Functional Training Alicia	Move & Heal Alicia	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	YOGA Susan			

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