

**JULY, 2026**  
**Fit-Time for Women**  
**GROUP FITNESS SCHEDULE**

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:15 - 2:15	3:00 - 4:00	5:00 - 6:00
<b>MONDAY</b>	<b>Class Instructor</b>	<b>Dance</b> Bayley	<b>Strength Worx</b> Bayley	<b>Chair Yoga</b> Rebe		<b>Line Dance 101</b> Kim	<b>ZUMBA</b> Laura
<b>TUESDAY</b>	<b>Class Instructor</b>	<b>Morning Mashup</b> Melanie	<b>Arthritis Class</b> Rebe	<b>Strength, Balance &amp; Coordination</b> Barbara	<b>Volleyball</b>		<b>YOGA</b> Susan
<b>WEDNESDAY</b>	<b>Class Instructor</b>	<b>Yogalates</b> Rebe	<b>Yoga for Mobility</b> Jaime	<b>Silver Sneakers</b> Barbara			<b>Step UP</b> Hannah
<b>THURSDAY</b>	<b>Class Instructor</b>	<b>Weights and More</b> Lisa	<b>Arthritis Fit &amp; Strong</b> Rebe	<b>Strength, Balance &amp; Coordination</b> Barbara	<b>Volleyball</b>		<b>ZUMBA</b> Nicole
<b>FRIDAY</b>	<b>Class Instructor</b>	<b>Dance</b> Hannah	<b>Yogalates</b> Barbara	<b>Silver Sneakers</b> Barbara			
<b>SATURDAY</b>	<b>Class Instructor</b>	<b>Warrior Cardio</b> Lisa	<b>YOGA</b> Susan				