



JULY

Group X Schedule



Monday			
6:00AM	Spin	Jean	♥
8:00AM	Aqua Shallow	Jean	💧
8:30AM	Zumba	Mary	♥
9:00AM	Aqua Shallow	Jean	💧
10:00AM	Aqua Deep	Renee	💧
10:00AM	Pilates	Sharon E.	🌸
12:00PM	Aqua Shallow	Michelle	💧
12:45PM	Zen Spin	Laurie	🌸
5:00PM	Aqua Deep	Jean	💧
5:30PM	Intensive Interval	Melissa	♥
5:30PM	Aqua Shallow	Carmen	💧
6:45PM	Club Cardio 🌶️	Emily	♥

Wednesday			
8:00AM	Aqua Shallow	Jean	💧
8:30AM	Strength	Melissa	♥
9:00AM	Aqua Shallow	Jean	💧
10:00AM	Zumba	Yezmi	♥
10:00AM	Aqua Deep	Renee	💧
12:00PM	Aqua Shallow	Jean	💧
5:15PM	Aqua Shallow	Carmen	💧
5:30PM	Intensive Interval	Melissa	♥
6:45PM	Yin Yoga	Autumn	🌸

Friday			
6:00AM	Spin	Jean	♥
8:00AM	Aqua Shallow	Jean	💧
8:30AM	Strength & Recovery	Melissa	♥
9:00AM	Aqua Shallow	Jean	💧
10:00AM	Zumba	Yezmi	♥
11:15AM	Zumba Gold	Sheila	♥
12:00PM	Aqua Shallow	Michelle	💧
12:30PM	Flow Yoga	Rotation	🌸

Tuesday			
8:00AM	Aqua Shallow	Jean	💧
8:30AM	Strength	Melissa	♥
9:00AM	Aqua Shallow	Renee	💧
9:45AM	Zumba	Sheila	♥
12:00PM	Aqua Shallow	Jean	💧
5:00PM	Aqua Deep	Jean	💧
5:30PM	Strength	Melissa	♥
5:30PM	Aqua Shallow	Carmen	💧
6:45PM	Zumba	Yezmi	♥

Thursday			
8:00AM	Aqua Shallow	Jean	💧
8:30AM	Zumba	Sheila	♥
9:00AM	Aqua Shallow	Renee	💧
9:45AM	Spin	Jean	♥
12:00AM	Aqua Shallow	Michelle	💧
12:45PM	Zen Spin	Laurie	🌸
5:00PM	Aqua Deep	Jean	💧
5:30PM	Strength	Melissa	♥
5:30PM	Aqua Shallow	Carmen	💧
6:45PM	Zumba	Yezmi	♥

Saturday			
8:30AM	Aqua Shallow	Rotation	💧
8:30AM	Club Cardio 🌶️	Emily / Sharon D.	♥

- ♥ Cardio
- 💧 Aqua
- 🌸 Mind & Body
- 🌶️ Spicy, radio-friendly music

Happy Birthday, Lucy!



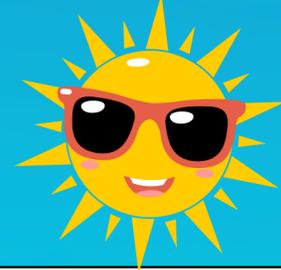
July is National Hot Dog Month.

Enjoy one (or more) of our classes, then relax and throw a few dogs on the grill!



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Group X Schedule



Club Cardio: This high-energy dance class feels like being in the club! With electrifying beats and dynamic moves, it focuses on hip mobility and core strength, improving flexibility, posture, and toning while having a blast. Spicy, but radio-friendly music.

Deep Water: A full-body, low-impact workout that uses the water's resistance. Focus on toning muscles, improving flexibility, and boosting cardiovascular health - while keeping pressure off your joints.

Intensive Interval: This class combines high-intensity bursts with short recovery periods to push your limits, burn calories, & boost endurance. It's a fast-paced, full-body workout

Pilates: Focuses on building core strength, improving flexibility, & enhancing posture through controlled movements. It's a low-impact workout that tones & strengthens your body while promoting relaxation & mind-body connection.

Shallow Water: Combines fun, low-impact exercises with a variety of equipment like noodles & dumbbells. Improve cardiovascular health, strength, & flexibility while being easy on the joints.

Spin: A fun, low-impact ride that focuses on enjoying the rhythm & movement without pushing too hard. It's perfect for beginners.

Strength: This dynamic strength class is faster-paced than traditional weightlifting, incorporating a mix of equipment. Designed to challenge your muscles, boost endurance, & keep you engaged with every rep.

Strength & Recovery: Blends movements to build strength with exercises that enhance mobility. Designed to improve flexibility, prevent injury, & boost overall performance.

Yoga: Yin: A slow-paced class emphasizing long-held poses to promote deep relaxation.
Flow: Links poses together in a flowing sequence that coordinates breath & movement.

Zen Spin: Relaxing your mind while you ride! With a focus on stress relief and mental well-being, you'll pedal at your own pace, enjoy the journey, and get your miles in without pressure.

Zumba: Latin & World-rhythm dance using both low & high intensity to get the calories burning!

Zumba Gold: A fun, low-impact dance fitness class designed for beginners or active older adults. It's easy-to-follow choreography with energizing music to boost heart health and improve coordination.

Fitness Class Rules

- Group X Classes are included with a membership. Regular admission fee is required for non-members.
- Arrive on time to ensure proper warmup. Participants are not allowed to enter after 10 minutes from start of class.
- Participants must be 12 years of age or older to enter aerobics room and/or participate in classes.
- Classes may change after publication & we apologize for any errors that may occur.