

GROUP EXERCISE SCHEDULE AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1 6:10am Cycle –Beth 9am Total Body Blitz– Jeff	2 10am Zumba– Cynthia
3	4 6:10 Cycle—Beth 9am Arthritis Debbie 10am Tabata– Sierra 11am-Mat Pilates-Annette 11am Water Aerobics-Valerie 12pm Zumba Toning -Lisa 5:15pm Circuit training—Sierra	5 9am –Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	6 6:10am Cycle-Beth 10am Circuit to the Beat– Sierra 11am Water Aerobics-Dot 12:15 pm Chair Zumba –Lisa 5:15pm Pound-Sandra	7 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Sierra 1pm Silver Sneakers –Debbie 5:15pm No Cycle	8 6:10am No Cycle 9am Total Body Blitz-Jeff 10:15 Chair Yoga– Annette 11am Aqua Zumba-Lisa 12pm Zumba– Amanda	9 10am Zumba- Cynthia
10	11 6:10 Cycle—Beth 9am Arthritis Debbie 10am Tabata– Sierra 11am Mat Pilates-Annette 11am Water Aerobics-Valerie 12pm Zumba Toning -Lisa 5:15pm Circuit Training—Sierra	12 9am-Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics–Sierra 5:30pm Zumba-Cynthia	13 6:10am Cycle-Beth 10am Circuit to the Beat– Sierra 11am Water Aerobics-Dot 12:15pm Zumba –Lisa 5:15pm Pound-Sandra	14 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Sierra 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	15 6:10am Cycle– Beth 9am Total Body Blitz-Jeff 10:15 Chair Yoga– Annette 11am-Aqua Zumba-Lisa 12pm Zumba– Amanda	16 10am Zumba-Cynthia
17	18 6:10 Cycle—Beth 9am Arthritis Debbie 10am Tabata-Sierra 11am-Mat Pilates-Annette 11am Water Aerobics –Dot 12pm Zumba Toning -Lisa 5:15pm Circuit Training-Sierra	19 9am –Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	20 6:10am Cycle-Beth 10am Circuit to the Beat- Sierra 11am Water Aerobics-Dot 12:15pm Chair Zumba –Lisa 5:15pm Pound-Sandra	21 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Serra 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	22 6:10am Cycle– Beth 9am Total Body Blitz-Jeff 10:15 Chair Yoga– Annette 11am-Aqua Zumba-Lisa 12pm Zumba– Amanda	23 10am Zumba-Cynthia
24	25 6:10 Cycle—Beth 9am Arthritis Debbie 10am Tabata-Sierra 11am Mat Pilates-Annette 11am Water Aerobics –Valerie 12pm Zumba Toning -Lisa 5:15pm Circuit Training-Sierra	26 9am –Yoga-Annette 10am Circuit-Sierra 10am Water Arthritis-Annette 11am Water Aerobics-Sierra 5:30pm Zumba-Cynthia	27 6:10am Cycle-Beth 10am Circuit to the Beat-Sierra 11am Water Aerobics-Dot 12:15pm Chair Zumba –Amanda 5:15pm Pound-Sandra	28 9am Total Body Blitz-Jeff 10:15am Zumba Toning-Amanda 11am Water Aerobics –Sierra 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	29 6:10am Cycle– Beth 9am Total Body Blitz-Jeff 10:15 Chair Yoga-Debbie 11am-Aqua Zumba-Valerie 12pm Zumba– Amanda	30 10am Zumba-Cynthia