


GROUP EXERCISE SCHEDULE JULY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
			1 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Tabata-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	2 10:am Zumba Toning-Amanda 11:am-Yoga-Annette 11am Water Aerobics –Valerie 12pm Chair Yoga-Annette 1pm Silver Sneakers-Debbie 5:15pm –No Cycle	3 6:10 NO CYCLE 11am Water Aerobics-Lulu 12pm Zumba-Amanda	4 CLOSED 
	6 6:10 Cycle—Beth 9:00am Total Body Burn-Jeff 10am-Arthritis-Debbie 11am Practical Pilates-Annette 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	7 9am-Yoga-Illise 10:15am Earn it, Burn it-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	8 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Tabata-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	9 10:am No Zumba 11:am-Yoga-Annette 11am Water Aerobics –Valerie 12pm-Chair Yoga-Annette 1pm Silver Sneakers-Debbie 5:15pm– Cycle –Beth	10 6:10 Cycle—Beth 11am Water Aerobics-Lulu 12pm Zumba –Amanda	11 10am Zumba- Cynthia
12	13 6:10 Cycle—Beth 9:00am Total Body Burn-Jeff 10am-Arthritis-Debbie 11am Practical Pilates-Annette 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	14 9am-Yoga-Illise 10:15am Earn it, Burn it-Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	15 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Tabata-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	16 10:am Zumba Toning-Amanda 11:am-Yoga-Annette 11am Water Aerobics –Valerie 12pm Chair Yoga-Annette 1pm Silver Sneakers-Debbie 5:15pm-Cycle-Beth	17 6:10 Cycle—Beth 11am Water Aerobics-Lulu 12pm Zumba-Amanda	18 10am Zumba-Cynthia
19	20 6:10 NO CYCLE 9:00am Total Body Burn-Jeff 10am-Arthritis-Debbie 11am-Practical Pilates-Annette 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	21 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	22 6:10am NO CYCLE 10am Zumba Toning-Lisa 11:15am Tabata-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	23 10:am Zumba Toning-Amanda 11:am-Yoga-Annette 11am Water Aerobics –Valerie 12pm Chair Yoga-Annette 1pm Silver Sneakers-Debbie 5:15pm-No Cycle	24 6:10 NO CYCLE 11am Water Aerobics-Lulu 12pm Zumba-Amanda	25 10am Zumba-Cynthia
26	27 6:10 Cycle—Beth 9:00am Total Body Burn-Jeff 10am-Arthritis-Debbie 11am– Practical Pilates-Annette 11am Water Aerobics-Dot 12:15pm Zumba Chair-Lisa 5:15pm Total Body Burn-Jeff	28 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	29 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Tabata-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	30 10:am Zumba Toning-Amanda 11:am-Yoga-Annette 11am Water Aerobics –Valerie 12pm Chair Yoga-Annette 1pm Silver Sneakers-Debbie 5:15pm-Cycle-Beth	31 6:10 Cycle-Beth 11am Water Aerobics-Lulu 12pm Zumba-Amanda	