

GROUP EXERCISE SCHEDULE AUGUST 2026

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