

	Time	Class	Instructor	Location
Monday	6:45 AM 30 min	New Class! HIIT	Teresa	Studio B
	7:30 AM 45 min	New Class! Functional Fitness	Teresa	Studio B
	8:30 AM 45 min	Access Agility	Teresa	Gym/Pickleball Court 2
	9:00 AM 1 hr	Keep Moving	Jimmi	Studio A
	10:00AM 1 hr.	Body Pump (8/7 only)	Marissa	Multi-purpose Room
	10:15 AM 45 min	Sr. Strength Training	Emma	Studio A
	11:15 AM 45 min	Walk This Way	Emma	Lobby
	5:30 PM 45 min	HIIT The Ground Running	Emma	Studio A/Stairs
	6:30 PM 1 hr	Zumba Plus	Elliott	Studio A
Tuesday	8:00 AM 45 min	Silver Sneakers Boom	Constance	Studio A
	9:00 AM 45 min	Strong Stretch Balance	Emma	Studio A
	10:00 AM 45 min	Pom Poms	Emma	Studio A
	11:00 AM 45 min	Sr. Yoga (no class 8/1)	Lynn	Studio A
	12:00 PM 1 hr.	Smooth Zumba	Valeria	Studio A
	5:30 PM 45 min	Cardio & Core	Emma	Studio A
	5:45 PM 1 hr	Body Pump® (Aug 1,8,15,22)	Marissa	Multi-purpose Room
	6:30 PM 1 hr	MixedFit®	Dee Dee	Studio A
	7:00 PM 45 min.	New Class! anyBODY Yoga	Brigitte	Studio B
Wednesday	6:45 AM 30 min	New Class! HIIT	Teresa	Studio B
	7:30 AM 30 min	New Class! Stretch	Teresa	Studio B
	8:00 AM 45 min	Functional Fitness	Liz	Studio A
	8:30 AM 45 min	Access Agility	Teresa	Studio B
	9:00 AM 45 min	Sr. Strength Training	Emma	Studio A
	10:00 AM 1 hr.	Smooth Zumba	Valeria	Studio A
	10:00 AM 45 min	Walk This Way	Emma	Lobby
	5:30 PM 45 min	Pom Poms	Emma	Studio A
	6:00 PM 1 hr.	Hip-Hop Step Aerobics	Jamita	Studio B
	6:30 PM 30 min	Circuits on the Track	Emma	Walking Track
Thursday	8:00 AM 45 min	Silver Sneakers® Classic	Constance	Studio A
	9:00 AM 1 hr	Tai Chi for Flexibility and Arthritis	James	Studio A
	10:00 AM 45 min	Sr. Yoga	Lynn	Studio A
	11:00 AM 1 hr.	Smooth Zumba	Valeria	Studio A
	5:30 PM 45 min	Turn up Fitness	Drea	Studio A
	5:45 PM 1 hr	Body Pump® (Aug 3,10,17)	Marissa	Multi-purpose Room
	7:00 PM 45min	New Class! anyBODY Yoga (no class 8/10)	Brigitte	Studio B
Friday	6:45 AM 30 min	New Class! HIIT	Teresa	Studio B
	7:30 AM 30 min	New Class! Stretch	Teresa	Studio B
	9:00 AM 1 hr	Keep Movin	Jimmi	Studio A
	10:15 AM 1 hr.	Yoga	Ryan	Studio A
	11:30 AM 45 min.	Smooth Zumba	Valeria	Studio A
	12:15 PM 45 min	Functional Fitness	Liz	Studio B
Saturday	9:00 AM 45 min.	Zumba	Valeria	Studio A
	10:00 AM 45 min.	Full Body Blast (Aug 12, 26)	Emma	Studio A