



July 2017 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:15 AM (60) Zumba- SR
2 8:45 AM (45) WaterWorks- CP	3 10:00 AM (60) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AO	4 Club Open 8am-2pm 8:15am Cycle (30)-DP 9:00am P90X (60)-DP *1 year anniversary* 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN	5 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- ED	6 10:00 AM (60) P90X- DP 5:30PM (45) Pilates Fusion- AP 6:30 PM (45) Guns & Buns- AO	7 9:00 AM (45) WaterWorks- CM 10:00 AM (60) StreetFIGHTER- DP	8 10:15 AM (60) Zumba- JH
9 8:45 AM (45) WaterWorks- CP	10 10:00 AM (60) Get RIPPED- SB No AM Waterworks 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- DG	11 No Waterworks 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN	12 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- ED	13 10:00 AM (60) P90X- DP 5:30PM (45) Pilates Fusion- AP 6:30 PM (45) Guns & Buns- AO	14 No Waterworks 10:00 AM (60) StreetFIGHTER- DP	15 10:15 AM (60) Zumba- JH
16 8:45 AM (45) WaterWorks- CP	17 10:00 AM (60) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP No PM Waterworks 6:30 PM (60) ZUMBA- AO	18 9:00 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- SB 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN	19 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- AO 6:30 PM (45) Tabata- ED	20 10:00 AM (60) P90X- DP 5:30PM (45) Pilates Fusion- AP 6:30 PM (45) Guns & Buns- AO	21 9:00 AM (45) WaterWorks- CM 10:00 AM (60) StreetFIGHTER- DP	22 Open House- 8am-4pm 9:00 AM (60) YOGA- BN 10:15 AM (60) Zumba- SR
23 8:45 AM (45) WaterWorks- CP	24 10:00 AM (60) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- DG	25 9:00 AM (45) WaterWorks- CM 10:00 AM (45) Pilates Fusion- CF 5:30PM (60) FIGHTstrong- DP 6:30 PM (60) YOGA- BN	26 10:00 AM (45) BodyBLAST- DP 11:00AM (30) Low Impact- DP 5:30 PM (45) Get RIPPED- SB 6:30 PM (45) Tabata- ED	27 10:00 AM (60) P90X- DP 5:30PM (45) Pilates Fusion- DP NO CLASS @ 6:30PM	28 9:00 AM (45) WaterWorks- CM 10:00 AM (60) StreetFIGHTER- DP	29 10:15 AM (60) Zumba- JH
30 8:45 AM (45) WaterWorks- CP	31 10:00 AM (60) Get RIPPED- SB 11:30 AM (45) WaterWorks- CM 5:30PM (60) P90X- DP 6:15PM (45) WaterWorks- CP 6:30 PM (60) ZUMBA- AO					