

Group Fitness

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SI Summer Isenhour	1 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	2 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	3 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE SI 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	4 Happy 4th of July!!! <u>*NO Classes today*</u>	5 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Sarah
6 1:30 Zumba Sarah	7 5:15 BODYPUMP Angel <u>*NO 700 Class today*</u> 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP Angel 5:15 BARRE SI 6:15 HIIT JM	8 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah	9 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility JM 9:15 HIIT JM 10:15 Gentle Yoga KM <u>*NO 12:00 Class today*</u> 5:15 BARRE CD <u>*NO 6:15 Class today*</u>	10 5:15 HIIT KW 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH <u>*NO 7:30 Class today*</u>	11 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 12:00 BODYPUMP CC	12 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Laurie
13 1:30 Zumba Laurie	14 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	15 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	16 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE SI 6:15 HIIT JM	17 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah	18 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 12:00 BODYPUMP CC	19 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Rob
20 1:30 Zumba Sandra	21 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	22 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	23 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	24 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	25 5:15 BODYPUMP Angel 7:00 BODYPUMP KW 9:15 HIIT JM 12:00 BODYPUMP TS	26 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Sandra
27 1:30 Zumba Rob	28 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP CC 5:15 BARRE SI 6:15 HIIT JM	29 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	30 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	31 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra		