

# Group Exercise Class Updates 7/29 — 8/9

## Monday, July 29th

8:15am Yin Yoga w/ Loni  
11:30am Cardio Blast w/ Nicole (similar format)  
12:00pm Group Power w/ Nicole (strength format)

## Tuesday, July 30th

6:00am Cycling—NO CLASS  
6:00am Cardio Strength Intervals w/ Loni  
6:30am Core Training w/ Loni  
8:10am H2O Bootcamp w/ Terri  
9:00am Pool Volleyball w/ Terri  
10:15am H2Overload w/ Sandra  
11:15am H2Overload w/ Sandra  
12:30pm Group Active w/ Brad (cardio/strength format)  
5:15pm Group Active w/ Tammy

## Wednesday, July 31st

5:30am Cardio Blast—NO CLASS  
6:00am Group Power w/ Tammy  
10:30am Forever Young w/ Loni (bball court)

## Thursday, August 1st

6:00am Cardio Strength Intervals w/ Larry (bball Court)  
10:15am H2Overload—NO CLASS  
11:15am H2Overload—NO CLASS  
11:15am Group Active w/ Nicole (cardio/strength format)  
4:00pm PiFusion—30-min Core/Balance Class w/ Brad

## Friday, August 2nd

8:15am Yin Yang Yoga w/ Martha  
9:30am QiGong—NO CLASS  
6:05pm Pilates Mat—NO CLASS, Yoga Nidra taking place

## Saturday, August 3rd

8:30am Zumba Toning w/ Maria  
9:35am Yoga Sculpt with Marissa (no Group Power)

## Monday, August 5th

5:45am Group Active w/ Morgan (cardio/strength format)  
10:30am Forever Young—NO CLASS

## Tuesday, August 6th

10:15am H2Overload w/ Charmaine  
11:15am H2Overload w/ Charmaine

## Wednesday, August 7th

4:30pm Butts & Guts w/ Danica (similar format)  
5:00pm Group Power w/ Danica (strength format)

## Thursday, August 8th

10:15am H2Overload w/ Morgan  
11:15am H2Overload w/ Morgan

## Friday, August 9th

8:10am Aqua Fit w/ Terri  
9:15am Aqua Fit w/ Terri  
4:30pm Group Core w/ Morgan  
5:00pm Group Power w/ Morgan

*Please make note of these class updates while some of our  
instructors are taking some time off.*

*Adjust your workouts accordingly.*

*Thank you for your patience and understanding!*