



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE AUGUST 4-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MODIFIED CLASSES AUGUST 4-8					
R E G	5:30-6:15 AM Boot Camp Kristen Clemmons Park	6:30-7:30 AM BodyBalance Renee	5:30-6:15 AM Spin Bootcamp Kristen Spin Studio	R E G	R E G
U L A R	5:30-6:30 AM BodyBalance Deb	8:10-9:10 AM BodyPump Angie	5:30-6:00 AM Core and More Deb	U L A R	U L A R
S C H	8:15-9:00 AM Power Spin Jenny Spin Studio	11:15AM- 12:15PM Movement Improvement Ruben	6:00-7:00 AM BodyBalance Deb	S C H	S C H
E D U L	10:45-11:45 AM Movement Improvement Ruben	4:30-5:15 PM BodyPump Express Nancy	8:00-9:00 AM Beginners Yoga Brianna	E D U L	E D U L
E	4:30-5:25 PM Rhythm in Motion Nancy	5:00-6:00 PM Spin/Core Deb Spin Studio	8:15-9:00 AM Power Spin Jenny Spin Studio	E	E
	5:30-6:30 PM BodyCombat Angie	6:15-7:15 PM Beginners Yoga Brianna YMCA Camp	10:45-11:45 AM Movement Improvement (Boxing) Ruben LARGE GYM		
	6:30-7:20 PM Zumba Rosanna		6:30-7:20 PM Zumba Rosanna		
	8:00-9:00 PM Sunset Yoga YMCA Camp Andrea				

