

# JULY

# 2024

## Group Exercise Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish	Closed 4 <sup>th</sup> of July	4:30 – 5:30 PM Cardio Strength w/ Colleen	
7	8	9	10	11	12	13
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish	4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	
14	15	16	17	18	19	20
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish	4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	
21	22	23	24	25	26	27
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish	4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	
28	29	30	31			
		4:45–5:45 PM Pilates Bodies w/ Mary	4:30 – 5:30 PM Fitness Fusion 5:30 – 6:00 PM Cardio Dance Party w/Trish			