

AUGUST

2024

Group Exercise Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	
4	5	6	7	8	9	10
		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	
11	12	13	14	15	16	17
		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	
18	19	20	21	22	23	24
		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	
25	26	27	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	4:30 – 5:45 PM Multiple Muscle Cardio & Toning w/ Mary	4:30 – 5:30 PM Cardio Strength w/ Colleen	