



Day	Time	Location	Class	Instructor
Monday 7/27				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30-10:30 AM	Studio	Strong & Stable	Nicole
Tuesday 7/28				
	6:00-7:00 AM	Studio	PEAK Fitness	Nicole
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly (sub)
	9:00 - 10:00 AM	Rec Pool	H2O Resistance & Core Class	JoAnn
	9:30-10:30 AM	Studio	HIIT	Lauren
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Wednesday 7/29				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Shelly
	4:00-5:00 PM	Studio	Pilates for Everyone	Johnna
Thursday 7/30				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Shelly
	9:00-10:00 AM	Rec Pool	H2O Resistance & Core Class	JoAnn
	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Gavin
	4:00 - 5:15 PM	Studio	MFR + Recovery Yoga	Lindsay
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 7/31				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Ellen (sub)
	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
Saturday 8/1				
No classes - Happy Saturday!				
Sunday 8/2				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen