



July 2023 Class Schedule

Class Prices:

\$18 for Single/Drop-in
 \$100/Month - Unlimited
 \$140 for 10 Class Punch Card

Instructor Key: Doug (D), Chrystal (C), Cindy (CH)

Sr. classes are FREE for SilverSneakers and Renew Active members.
\$35/Month - Sr. Unlimited + Gym Membership

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:30AM Boot Camp (C)
2	3 Closed Monday & Tuesday	4 Happy Independence Day	5 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	6 5:30PM Core & More/ Stretch & Strength (C)	7 9:00 Sr. Cardio (D)	8 8:30AM Super Strong 60 minutes (C)
9	10 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	11	12 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	13 5:30PM Core & More/ Stretch & Strength (C)	14 9:00 Sr. Cardio (D)	15 8:30AM Super Strong 60 minutes (C)
16	17 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	18	19 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	20 5:30PM Core & More/ Stretch & Strength (C)	21 9:00 Sr. Cardio (D)	22 8:30AM Super Strong 60 minutes (C)
23/30	24/31 9:00 Sr. Balance (CH) 5:30PM Bootcamp (D)	25	26 9:00 Sr. Strength(D) 5:30PM Bootcamp (D)	27 5:30PM Core & More/ Stretch & Strength (C)	28 9:00 Sr. Cardio (D)	29 8:30AM Super Strong 60 minutes (C)