



# 4th of July 2017 SCHEDULE

Athletic Club 5:00am-5:00pm

Tennis Club 5:30am-5:00pm

Kids' Club and YAC 8:00am-1:00pm

*Regular hours and schedule on July 2 and 3*

8:00-9:00am	"Star-Spangled" SPINNING	Cyndie	Cycle Studio
8:30-9:30am	"America the Beautiful" \$BARRE\$	Megan	Opal
9:00-10:00am	"Patriotic" \$PWRFIT\$	Joe	PWRFIT Studio
9:00-10:00am	"Valiant" Alignment Vinyasa	Drew	Jade*
9:00-10:00am	"Ignited" INSANITY	Jim	Studio 1
9:15-10:15am	"All American" Aqua Fit	Jeanette	Pool
9:15-10:00am	"Sea to Shining" CVI	Cyndie	UCV
10:00-11:00am	"Booming" BODYPUMP	Nicholas	Studio 1
11:00am-12:00pm	"Sizzling" Zumba	Tonya	Studio 1

Pilates and Combat Zone Classes Cancelled

\$ indicates paid programming | Jade\* indicates heated class

## GROUP FITNESS

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