

# Group Fitness July Class Schedule

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
8:05am		<b>Body Fit</b> Tana		<b>Body Fit</b> Dustin	<b>Piyo Lite</b> Tana
9:05am	<b>Aquafit</b> Paige (8:45-9:15, 9:30-10:00)		<b>SilverAqua</b> Carla (8:45-9:15, 9:30-10:00)		
10:05am	<b>Barre Lite</b> Tana **9:05 am**	<b>SilverSneakers</b> Carla	<b>SilverSneakers</b> Tana	<b>SilverSneakers Yoga</b> Carla	<b>SilverSneakers</b> Carla
12:15pm 35 min. class	<b>Bootcamp</b> Paige	<b>Tabata</b> Kim	<b>Instructor's Choice</b> Tana	<b>Total Body</b> Dustin	<b>Instructor's Choice</b> Paige