



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**July 2021**

**Group Exercise Schedule**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Pedal & Pump with Kelly		Pilates With Beth	Strength, sculpt & Sweat with Kelly		
8:00am	BODYPUMP with Haywood	Yoga with Kathleen & Cycle and Core With Dan	Power Sculpt with Haywood	Yoga with Kathleen	Boot Camp With Katya	
9:00am	Line Dancing (9:15) with Elaine Cycle with Haywood	Dance Fusion (9:15) with Elaine	Pedal and Pump with Haywood & Low impact Boot Camp With Beverly	BODYPUMP With Rebecca	Pilates (45 min) With Katya	Pedal and Pump With Beth or Dan
10:00 am	Gentle Yoga With Rebecca	Silver Sneakers With Beverly		Silver Sneakers With Julie		Zumba with Diane (1 <sup>st</sup> , 3 <sup>rd</sup> and 5 <sup>th</sup> ) or Brittany (2 <sup>nd</sup> and 4 <sup>th</sup> )
11:00am						Boot Camp with Elwood
12:15 pm	BODYPUMP With Rebecca	Kettlebell With Katya	BODYPUMP With Rebecca	Buts and Guts With Katya		
5:30 pm	BODYPUMP with Willie	Zumba With Diane	BODYPUMP with Marvis	Step With Diane		
6:45 pm	Boot Camp With Elwood		Boot Camp With Elwood	Mind/Body/Core with Willie		

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