



## July 3<sup>rd</sup> Group Exercise Holiday schedule

Time	Class Type	Instructor
9:30-10:25am	Cycle	Lesley
9:30-10:25am	Zumba Gold	Pat
10:30-11:30am	Muscle Mix	Lesley
12:00-12:55pm	Pilates	Val
1:00-2:15pm	Yoga	Ethel
5:30-6:15pm	Total Body Sculpt	Lisa
6:15-7:00pm	Yoga	Lisa

