

# Class Schedule July

Monday to Thursday / 5 am – 8 pm  
Friday / 5 am – 7 pm  
Saturday and Sunday / 7 am – 3 pm

*Class descriptions on back.*

## MONDAY

Noon – 12:30 pm  
**Circuit Training**  
*Kendall / Fitness Floor*

5 – 5:30 pm  
**Yoga**  
*Jamie / Studio*

## TUESDAY

Noon – 12:30 pm  
**Yoga Flow**  
*Linda / Studio*

5:30 – 6:15 pm  
**Circuit Training**  
*Ryan / Studio*

## WEDNESDAY

5:30 – 6:15 pm  
**Trainer's Choice**  
*Seth / Fitness Floor*

## THURSDAY

6:15 – 7 am  
**Yoga**  
*Jamie / Studio*

Noon – 12:30 pm  
**Trainer's Choice**  
*Ryan / Studio*

## FRIDAY

Noon – 12:30 pm  
**Cardio Core**  
*Kendall / Studio*

**CLOSED – Monday, July 4th**

Yoga with Jaime cancelled Thursday, July 7