









**JULY CLASS SCHEDULE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
4:45 AM		WAKE UP WORKOUT	 <b>SPINNING</b> **		WAKE UP WORKOUT					
5:30 AM	**Spin & Praise (Free to Public)		Adult Lap Swim JFK Pool	**Spin & Praise (Free to Public)	Adult Lap Swim JFK Pool					
	Adult Lap Swim JFK Pool									
7:30 AM						Footprints				
8:15 AM						<b>TOTAL BODY</b>				
9:00 AM	Cardio & Strength	<b>YOGA</b>	Resistance Training Circuit	Balance Pilates	<b>YOGA</b>	 <b>ZUMBA</b> fitness	Wallyball 6pm			
5:15 PM	Aqua Aerobics JFK Pool		 <b>ZUMBA</b> fitness		<p><b>Upcoming Events</b></p> <p><b>Child Care (Kidz Klub)</b>            Monday-Thursday 5-7:30 PM            Saturday 7:30-10:30 AM</p> <p><b>Corporate Challenge</b>            Registration Closes 7/5/18            Initial weigh-in 7/12/18</p> <p><b>Schweizer Fest Bench Press Competition</b>            Registration now open</p> <p><b>July 4th</b>            Office Closed            No Classes</p>					
			Aqua Aerobics JFK Pool							
5:30 PM	<b>BODY Sculpting</b>	<b>YOGA</b>		<b>Barre</b>						
6:15 PM	**  <b>SPINNING</b>	**  <b>SPINNING</b>	**  <b>SPINNING</b>							
	<b>Barre</b>	 <b>ZUMBA</b> fitness	Pound ** Court 1							
6:30 PM	 <b>ZUMBA</b> fitness (Schergen Center)									
** Reservations are required for Spinning & Pound										