

JULY 2019

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a	GROUP POWER CARRIE		GROUP POWER ISABEL		Cardio Combo SHANNON	8:00a	GROUP POWER rotating: 06 - Steven 13 - SUPER SAT!!! 20 - Isabel 27 - Emily
5:30a		GROUP BLAST CARRIE		GROUP BLAST CARRIE			
8:00a	GROUP BLAST TRACY	GROUP POWER TRACY	GROUP fight TRACY	GROUP POWER TRACY	GROUP BLAST TRACY		
9:15a	Senior Flex & Tone TRACY	GROUP CENTERGY TRACY	Chair Yoga SARAH BETH	GROUP CENTERGY TRACY	Pilates/Barre ISABEL	9:00a	GROUP BLAST rotating: 06 - Savannah 13 - SUPER SAT!!! 20 - Savannah 27 - no class
10:15a	Chair Yoga ISABEL	Senior Flex & Tone TRACY		Senior Flex & Tone TRACY	Chair Yoga SARAH BETH		
12:15-12:45	THE H.I.I.T. PATRICK		THE H.I.I.T. PATRICK				
4:30p	Pilates/Barre ISABEL	GROUP fight CARRIE	GROUP BLAST SAVANNAH	GROUP fight CARRIE			
5:30p	GROUP BLAST JANELL	GROUP POWER JANELL		GROUP POWER JANELL			
6:35p	Yoga ISABEL						

UPCOMING EVENTS

7/04 = 5:00a-12:00pm
7/09 = Group Swim Lessons
7/13 = Super Saturday Sampler
7/15 = Stokes' Speed School

Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a		SPINNING SHANNON		SPINNING SHANNON			
8:15a		SPINNING 30 MIN EXPRESS ISABEL		SPINNING 30 MIN EXPRESS ISABEL			
12:15p		SPINNING 30 MIN EXPRESS EMILY		SPINNING 30 MIN EXPRESS ISABEL		9:00a	SPINNING 06 - Steven 13 - no class 20 - Isabel 27 - Emily
5:30p	SPINNING JIM	FlexAbility MAUREEN	SPINNING SHANNON	FlexAbility MAUREEN			

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	AQUA FITNESS TRACY		AQUA FITNESS TRACY		AQUA FITNESS ISABEL	AT RISK OF BEING CUT
8:15a	AQUA FITNESS EMILY		AQUA FITNESS EMILY		AQUA FITNESS ISABEL	A NEW CLASS
11:30a	AQUA ARTHRITIS ISABEL		AQUA ARTHRITIS MANDY		AQUA ARTHRITIS MANDY	<p>Text @hpland or @hpaqua to 81010 to be notified about class changes.</p>
4:30p						
5:00p		HIGH INTENSITY MANDY				
5:30p	HIGH INTENSITY SAVANNAH		AQUA FITNESS SAVANNAH			