

# GROUP EXERCISE SCHEDULE

## JULY 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	<b>BIKING</b> (Veronica) 5:15-6:00am	<b>KETTLEBELL</b> (Angela) 5:15-6:00am	<b>BIKING</b> (Veronica) 5:15-6:00am	<b>KETTLEBELL</b> (Angela) 5:15-6:00am	<b>BIKING</b> (Angela) 5:15-6:00am		
5:30am		<b>BODYPUMP</b> (Veronica) 5:15-6:15am		<b>BODYPUMP</b> (Veronica) 5:15-6:15am			
8:30am	<b>ZUMBA-TONING</b> (Susy) 8:15-9:00am	<b>ZUMBABASIC</b> (Susy) 8:15-9:00am	<b>ZUMBASENTAO</b> (Susy) 8:15-9:00am	<b>ZUMBABASIC</b> (Susy) 8:15-9:00am	<b>ZUMBA-TONING</b> (Susy) 8:15-9:00am	<b>BIKING</b> (instructor) 8:30-9:30am	
	<b>BIKING</b> (Rosalinda) 8:30-9:15am	<b>STRONG</b> (Rosalinda) 8:30-9:15am	<b>BIKING</b> (Rosalinda) 8:30-9:15am	<b>STRONG</b> (Rosalinda) 8:30-9:15am	<b>BIKING</b> (Sabrina) 8:30-9:15am		
		<b>BIKING LES MILLS RPM</b> (Virtual) 8:30-9:15am		<b>BIKING LES MILLS RPM</b> (Virtual) 8:30-9:15am			
9:00am	<b>LES MILLS CORE</b> (Jenna) 9:15-9:45am				<b>LES MILLS CORE</b> (Jenna) 9:15-9:45am		
9:30am	<b>SILVERSNEAKERS CARDIOFIT</b> (Laura) 9:30-10:30am	<b>BODYPUMP</b> (Rosalinda) 9:35-10:35am <i>BODYPUMP July 14, 28</i> <i>BODYPUMP HEAVY July 7, 21</i>	<b>SILVERSNEAKERS CARDIOFIT</b> (Laura) 9:30-10:30am	<b>BODYPUMP</b> (Rosalinda) 9:35-10:35am <i>BODYPUMP July 2, 16, 30</i> <i>BODYPUMP HEAVY July 9, 23</i>	<b>SILVERSNEAKERS MSROM</b> 9:30-10:00am <b>CHAIR YOGA</b> (Gloria) 10am-10:30am	<b>BODYPUMP</b> (Stasha) 9:30-10:30am <i>BODYPUMP July 18</i> <i>BODYPUMP HEAVY July 11, 25</i>	
10:00am	<b>YOGA</b> (Jenna) 10:00-11:00am		<b>YOGA</b> (Rosalinda) 10:00-11:00am		<b>YOGA</b> (Jenna) 10:00-11:00am		
10:30am						<b>MEDITATION</b> (Elizabeth) 10:30-11:00am <b>YOGA</b> (Elizabeth) 11:00-12:00pm	
12:10pm	<b>KETTLEBELL</b> (Kristie) 12:10-12:50pm	<b>BIKING LES MILLS RPM</b> (Virtual) 12:10-1:00pm	<b>KETTLEBELL</b> (Kristie) 12:10-12:50pm	<b>BIKING LES MILLS RPM</b> (Virtual) 12:10-1:00pm			<b>BIKING</b> (Sabrina) 3:00-3:45pm July 12th & 26th
3:45pm							<b>ZUMBA</b> (Daphene) 3:45-4:30pm
5:30pm	<b>BIKING</b> (Nina) 5:30-6:15pm	<b>BIKING</b> (Sabrina) 5:30-6:15pm	<b>BIKING</b> (Laura) 5:30-6:15pm	<b>BIKING</b> (Sabrina/Angela) 5:30-6:15pm			
	<b>ZUMBA</b> (Keir) 5:30-6:15pm	<b>BODYPUMP HEAVY</b> (Jean) 5:30-6:30pm	<b>ZUMBA</b> (Keir) 5:30-6:15pm	<b>BODYPUMP</b> (Jean) 5:30-6:30pm	<b>ZUMBA</b> (Keir) 5:30-6:15pm		
	<b>KETTLEBELL</b> (Erin) 5:30-6:15pm		<b>KETTLEBELL</b> (Erin) 5:30-6:15pm				
	<b>ZUMBA KIDS</b> (Gloria) 5:30-6:15pm		<b>ZUMBA KIDS</b> (Gloria) 5:30-6:15pm				
5:45pm		<b>POUND KIDS</b> (Juana) 5:45-6:15pm		<b>POUND KIDS</b> (Juana) 5:45-6:15pm			
6:30pm	<b>BIKING</b> (Lupe) 6:30-7:15pm	<b>ZUMBA</b> (Mayra) 6:35-7:15pm	<b>BIKING</b> (Kelly) 6:30-7:15pm	<b>ZUMBA</b> (Daphene) 6:30-7:15pm			
		<b>BIKING LES MILLS RPM</b> (Virtual) 6:30-7:15pm		<b>BIKING LES MILLS RPM</b> (Virtual) 6:30-7:15pm			

- Spin Room
- Spin Room (Virtual Class)
- Aerobics Room A
- Aerobics Room B
- Teen Room/Upstairs

**SAFETY PROCEDURES:**  
Must wipe down all class equipment before and after use.