

DON'T FORGET!
Hours of Operation
for Wellness & Aquatics:

Wellness:
7:00 AM - 1:00 PM
Aquatics:
7:00 AM - 12:30 PM

JULY 4TH Group Fitness Schedule

All regularly scheduled classes for Group Fitness, Aqua Fitness and Older Adult Group Fitness will not be held on this day.

Agility Room

TIME	CLASS	INSTRUCTOR
8:45 - 9:30 AM	Silver Sneakers Classic	Chris Butler
10:00 - 10:45 AM	High Intensity Training	Lindsay Hetrick

Studio 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:15 AM	BODYSTEP ATHLETIC	Patty Sheehan
9:20 - 10:05 AM	BODYPUMP Express	Steph Nocera

Mind and Body Studio

TIME	CLASS	INSTRUCTOR
8:00 - 9:00 AM	Zumba	Chrystine Mitchell
9:00 - 10:00 AM	BODYFLOW	Joan Mathews

Cycling Studio

TIME	CLASS	INSTRUCTOR
8:15 - 9:15 AM	Studio Cycling	Mary McHale
9:30 - 10:00 AM	SPRINT	Mary McHale

Pool

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 AM	4th of July FIRED UP!	Gail Rippey

For more information:

Sarah Vecchio, Director of Group Fitness
svecchio@bodyzonesports.com
610-376-2100 x 330

bodyzonesports.com/groupfitness

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ZONE
Sports and Wellness Complex