

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.

Studio 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 AM	BODYCOMBAT	Linette Davis
9:30 - 10:30 AM	BODYPUMP	Michele Sanders

Mind and Body Studio

TIME	CLASS	INSTRUCTOR
8:30 - 9:30 AM	Vinyasa Yoga	Lacey Baxter
9:35 - 10:35 AM	Zumba	Jennifer Stebbins

Cycling Studio

TIME	CLASS	INSTRUCTOR
9:30 - 10:00 AM	SPRINT	Jen Fanaro

Field 2 (main level)

TIME	CLASS	INSTRUCTOR
9:00 - 9:45 AM	FIT Bootcamp	Andre Lockhart

For more information:

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BODY[™]
ZONE
Sports and Wellness Complex