

**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 main group fitness, Active Aging and aqua fitness classes  
WILL NOT be held.**

## Studio 1

<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
8:30 - 9:15 AM	BODYSTEP Express	Tammy Partsch
9:30 - 10:15 AM	BODYPUMP Express	Michele Sanders

## Mind and Body Studio

<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
8:30 - 9:15 AM	Zumba	Chrystine Mitchell
9:30 - 10:30 AM	Power Yoga	Lauren Ressler

## Blue Studio

<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
9:05 - 9:45 AM	Cycle 45	Laura Storch

### **For more information:**

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**[bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)**

**BODY**<sup>TM</sup>  
**ZONE**  
Sports and Wellness Complex