



MODIFIED GROUP FITNESS SCHEDULE FOR: JULY 4, 2025

REP ROOM (\$5/class for members)

CLASS	TIME	INSTRUCTOR
SWITCH 50	8:00 am	Lauren Ressler

POOL (\$5/class for members)

CLASS	TIME	INSTRUCTOR
Water Fusion	9:00 am	Cindy Spohn

CYCLE STUDIO

CLASS	TIME	INSTRUCTOR
Virtual RPM	7:00 am	Carol Minquez
Cycle 45	8:30 am	
Virtual THE TRIP	9:30 am	

STUDIO 1

CLASS	TIME	INSTRUCTOR
BODYPUMP	8:00 am	Sarah Mitchell
BODYBALANCE	9:15 am	Valerie Deibler

MIND BODY STUDIO

CLASS	TIME	INSTRUCTOR
Zumba	8:15 am	Kaitlyn Sanders
SHAPES	9:30 am	Lauren Ressler

BASKETBALL COURT - ACTIVE AGING

CLASS	TIME	INSTRUCTOR
SilverSneakers Classic	9:00 am	Edwena Miller

PLEASE NOTE:

- Regularly scheduled Friday classes will not take place
- Sign up for all classes (except Active Aging) on your member portal or app
- Special July 4 hours for fitness and pool:
7:00 am - 1:00 pm