

## July Group Fitness Schedule .



### Monday

6:00AM- Big Fitness (Adrienne Elkins)  
9:30 AM-Trim Tummies (Sara Denune)  
10:00 AM- Water Aerobics (Kathy Frank)  
11:15 AM- Arthritis Aquatics Program (Kathy Frank)  
5:00 PM-Arthritis Land Based Program(Kathy Frank)  
6:00 PM- Water Aerobics (Sara Denune)  
6:15 PM- Low Impact Aerobics (Kathy Frank)

### Wednesday

6:00AM- Big Fitness (Adrienne Elkins)  
10:00 AM- Water Aerobics (Kathy Frank)  
11:15 AM- Arthritis Aquatics Program (Kathy Frank)  
5:00 PM- I S.W.E.A.T. (Amy Keenan)  
6:00 PM- SWAT (Sara Denune)  
6:00 PM- Water Aerobics (Kathy Frank)  
7:15 PM- Yoga (Rich Hart)

### Saturday

8:30 AM- SWAT (Sara Denune)  
11:30 AM- Beginner Yoga (Amber Barnstable)

### Tuesday

8:30 AM- Water Aerobics (Sara Denune)  
5:30 PM- Tae Kwon Do (Craig Burriss)  
6:30 PM- Ultimate Conditioning (Adrienne Elkins)

### Thursday

5:00 PM- I S.W.E.A.T. (Amy Keenan)  
5:00 PM- Arthritis Land Based Program (Kathy Frank)  
6:15 PM- Low Impact Aerobics (Kathy Frank)  
7:30 PM- Belly Dancing (Laylia)

### Friday

8:30 AM- Water Aerobics (Sara Denune)  
10:00 AM- Strength and Tone (Kathy Frank)

### Sunday

11:00 AM- Ultimate Conditioning (Adrienne Elkins)  
12:00 PM- Power Yoga (Adrienne Elkins)  
1:00 PM- Zumba (Michelle Powles)

For more information about the group fitness classes,  
pick up the Fitness Guide at the front desk!

