

Our Summer schedule is effective July 1<sup>st</sup>. We are revamping our Group Ex schedule and have placed some classes on “Summer Break” due to reduced class participation or a change in the instructors availability. As class participation increases, we will be looking to adding some classes back to the “Fall” schedule.

Classes on Summer break:

Monday – 7 AM Insanity Live, 1 PM Ab Lab, 7:30 PM Stretch & Relax

Tuesday – 7:15 AM Spin, 9:15 AM Weight Room Circuit, 12 PM Belly Dance

Wednesday – 1 PM Ab Lab

Thursday – 7 AM Power Pilates, 12 PM Barre, 1 PM Yoga 360, 5:30 PM Outdoor Tabata