

JULY 2021

# GROUP EXERCISE

THREE SPRINGS ROAD

## MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK  
THE ROUTINE AND STAY ACTIVE!

|                | SUN | MON                      | TUES  | WED  | THU   | FRI   | SAT                      |
|----------------|-----|--------------------------|---|--|---|---|--------------------------|
| 5:15 - 6:15AM  |     | *Coming Soon!            | *Coming Soon!   | *Coming Soon!  | *Coming Soon!   | *Coming Soon!   |                          |
| 8:30 - 9:30AM  |     | <b>Power Up</b><br>-Tina | <b>Spin</b><br>-Chandler  | <b>Bootcamp</b><br>-Tina   | <b>Spin</b><br>-Chandler  | <b>F.I.T.</b><br>-Ana   | <b>Spin</b><br>-Chandler |
| 9:30 - 10:30AM |     | <b>Spin</b><br>-Tina     | <b>Stronger</b><br>-Coming Soon<br><i>August</i>                      | <b>Spin</b><br>-Tina   | *Coming Soon!   | <b>Spin</b><br>-Beth 7/2<br>-Allison 7/9<br>-Regina<br>7/16, 7/23, 7/30 | <b>Yoga</b><br>-Sara     |
| 5:30 - 6:30PM  |     | <b>Zumba</b><br>-Ana     | <b>Strength &amp; Agility</b><br>-Danny<br><br><i>No Class on 7/6</i> | <b>Explosive Fitness</b><br>-Danny<br><br><i>No Class on 7/7</i> | <b>Strength &amp; Agility</b><br>-Danny<br><br><i>No Class on 7/8</i> |   |                          |