

JULY 2021

GROUP EXERCISE

RUSSELLVILLE ROAD - GROUP AQUATICS

MIX IT UP!

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

	SUN	MON	TUES	WED	THU	FRI	SAT
8:30 - 9:30AM		Aqua Tabata -Chandler		Aqua Cardio -Chandler No classes on 7/7 but join us at 9:30am for Aqua S&S!		Aqua Tabata -Chandler	
9:30 - 10:30AM		*Coming Soon! Aqua Strength & Stability <i>August</i>		Aqua Strength & Stability -Megan 7/7 -Amy 7/14 -Chandler 7/21 -Jennifer 7/28		Aqua Strength & Stability -Megan	Aqua Strength & Stability -Megan 7/3 -Instructor's Choice 7/10 -Amy 7/17 -Megan 7/24 -Amy 7/31
5:30 - 6:30PM		Aqua Bootcamp -Peggy	Aqua Zumba *Coming Soon! <i>August</i>		Aqua Zumba *Coming Soon! <i>August</i>		