

JULY 2021

# GROUP EXERCISE

RUSSELLVILLE ROAD

## 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			*Coming Soon! <b>Total Tabata</b> <i>August</i>	*Coming Soon!	<b>Zumba</b> -Ana		<b>Ripped</b> -Ana 7/3  <b>Strong Nation</b> -Grace 7/9  <b>Kickboxing</b> -Allison 7/17  <b>Power Up</b> -Allison 7/24  <b>String Nation</b> -Grace 7/31
9:30 - 10:30AM		<b>Stretch "N" Flex</b> -Heather	<b>Yoga</b> -Julia	*Coming Soon!	<b>Stretch "N" Flex</b> -Heather	<b>Yoga</b> -Julia 7/2 -Sara 7/9 -Julia 7/17 -Sara 7/24 -Julia 7/31	<b>Zumba</b> -Grace 7/3 -Ana 7/10 -Grace 7/17 -Grace 7/24 -Ana 7/31
5:30 - 6:30PM		*Coming Soon!		<b>Zumba</b> -Julia		<b>Zumba</b> -Julia	