

# JULY

## RUSSELLVILLE ROAD

# 2024



	MON	TUE	WED	THU	FRI	SAT
5:15-6:15 AM				-Tabata w/Amy (7/11) -Cardio + Core w/Allison (7/18) -Bootcamp w/Carrie 7/25	Kettlebell+Tabata  -Carrie	
8:30-9:30 AM	Chair Yoga  -Tori	Refine 360 w/ Tina  (Turf)		Refine 360 w/Tina  (Turf)	Chair Yoga  -Amy	<u>Saturday Sweat</u>  Zumba -Ana 7/6 Bootcamp-Regina 7/13 Tabata-Regina 7/20 Power Up-Allison 7/27
9:30-10:30AM	Stretch "N"Flex  -Tori	Yogalates  -Tina	<u>Mind &amp; Body</u>  Yoga-Tori- 7/3 Yoga+ Weights-Tori-7/10 Pi-Yo-Allison- 7/17 Yoga-Tori-7/24 Pi-Yo-Chandler-7/31	Barre  -Tina	Yoga Stretch  -Tori  -Chandler (7/12) -Allison (7/26)	<u>Mind and Body</u>  Yoga Flow-Tori (7/6 & 7/20) Pilates + Stretch-Carrie (7/13 & 7/27)  <u>Saturday Spin -Regina</u>
5:30-6:30 PM	<u>Power Hour</u>  Yoga Flow-Tori (7/8 & 7/22) Spin+ Weights-Regina (7/1 & 7/29) Spin w/Beth (7/15)	<u>Cardio Mashup</u> Kickboxing+Core-Peggy (7/2, 7/16 & 7/30) Kettle bell + Tabata -Peggy (7/9 & 7/23)  <u>Spin w/Regina</u> -Beth 7/16	Zumba  -Ana	<u>Tabata + Spin</u> -Regina  <u>Strength &amp; Conditioning</u> w/Danny (Turf)	Zumba  Ana	