

July Class Schedule 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8AM- Tennis Clinic- Nick 8AM- Aqua Aerobics- Sarah 9AM- Vinyasa Yoga- Sarah 10AM- Bootcamp- Sarah	2 9AM - Functional Training- Jamie 10AM - Core & Stretch - Debbie	3 8AM- Aqua Aerobics- Sarah 9AM- Yin Yoga- Sarah 10AM- Tabata Bootcamp- Sarah	4 9AM - Functional Training- Jamie 10AM - Core & Stretch- Jamie Happy 4th of July	5 8AM- Aqua Aerobics- Sarah 9AM- Yoga - Sarah	6 8AM- Tennis Clinic- Nick 8AM- Aqua Aerobics- Sarah 9AM - Mat Pilates- Sarah
7 9AM- Strength Training- Debbie 11AM- Core & Stretch- Jamie	8 8AM- Tennis Clinic- Nick 8AM- Aqua Aerobics- Sarah 9AM- Vinyasa Yoga- Sarah 10AM- Bootcamp- Sarah	9 9AM - Functional Training- Jamie 10AM - Mat Pilates- Sabrina 11AM- Pilates Reformer- Sabrina	10 8AM- Aqua Aerobics- Sarah 9AM- Yin Yoga- Sarah 10AM- Tabata Bootcamp- Sarah	11 9AM - Functional Training- Jamie 10AM - Mat Pilates- Sabrina 11AM- Pilates Reformer-Sabina	12 8AM- Aqua Aerobics- Sarah 8AM- Step Interval- Brett 9AM- Mat Pilates- Sabina 10AM- Pilates Reformer-Sabina	13 8AM- Tennis Clinic- Nick 8AM- Aqua Aerobics- Sarah 9AM - Mat Pilates- Sarah
14 9AM- Myofascial Stretch- Sabrina 10AM- Mat Pilates- Sabrina	15 8AM- Aqua Aerobics- Sarah 9AM- Vinyasa Yoga- Sarah 10AM- Bootcamp- Margaret	16 9AM - Functional Training- Jamie 10AM - Mat Pilates- Sabrina 11AM- Pilates Reformer- Sabrina	17 8AM- Aqua Aerobics- Sarah 9AM- Yin Yoga- Sarah 10AM- Tabata Bootcamp- Margaret	18 9AM - Functional Training- Jamie 10AM - Mat Pilates- Sabrina 11AM- Pilates Reformer-Sabina	19 8AM- Aqua Aerobics- Sarah 8AM- Step Interval- CJ 9AM- Yoga- Dubraskha 10AM- Myofascial Release- Dubraskha	20 8AM- Aqua Aerobics- Sarah 9AM - Mat Pilates- Sarah
21 9AM- Myofascial Stretch- Sabrina 10AM- Mat Pilates- Sabrina	22 8AM- Aqua Aerobics- Sarah 9AM- Vinyasa Yoga- Sarah 10AM- Bootcamp- Margaret	23 9AM - Functional Training- Jamie 10AM - Mat Pilates- Sabrina 11AM- Pilates Reformer- Sabrina	24 8AM- Aqua Aerobics- Sarah 9AM- Yin Yoga- Sarah 10AM- Tabata Bootcamp- Margaret	25 9AM - Functional Training- Jamie 10AM - Mat Pilates- Sabrina 11AM- Pilates Reformer-Sabina	26 8AM- Aqua Aerobics- Sarah 8AM- Step Interval- Brett	27 8AM- Aqua Aerobics- Sarah 9AM - Mat Pilates- Sarah
28 10AM- Myofascial Stretch- Margaret	29 8AM- Aqua Aerobics- Sarah 9AM- Vinyasa Yoga- Sarah 10AM- Bootcamp- Margaret	30 9AM - Functional Training- Jamie 10AM - Mat Pilates- Sabrina 11AM- Pilates Reformer- Sabrina	31 8AM- Aqua Aerobics- Sarah 9AM- Yin Yoga- Sarah 10AM- Tabata Bootcamp- Margaret		*Classes, Clinics, instructors are subject to change. *All classes & clinics require a reservation. *Class or Clinic without participants (singled up) 12 hours prior will be canceled. *Pilates Reformer has a \$15 fee.	