



GX CLASS SCHEDULE

July 2021

GX Main Studio

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
|----------|---------------------------------|---------------------------------------|--|---------------------------------------|--|----------|-----------------------------------|--------|
| 6:00 AM | | LES MILLS BODYPUMP Debra | | | | | | |
| 8:00 AM | | | | ESCAPE CAMP Melanie | | 8:00 AM | | |
| 8:30 AM | LES MILLS BODYPUMP Karen | HIIT Rotates | LES MILLS BODYPUMP Karen | | LES MILLS BODYSTEP ATHLETIC Karen | 8:30 AM | | |
| 9:00 AM | | | | | | 10:00 AM | LES MILLS BODYPUMP Rotates | |
| 10:00 AM | Silver Sneakers Kay | Senior Fitness @ 9:45 am with Melanie | Silver Sneakers Kay | Senior Fitness @ 9:45 am with Melanie | Silver Sneakers Kay | 2:00 PM | | |
| 11:00 AM | Stretch Yoga Kay | | LineDancing Kay | | LineDancing Kay | 2:00 PM | | |
| 12:00 AM | | | | | | | | |
| 5:00 PM | | LES MILLS BODYPUMP Jodi | | POUND Jodi | | | | |
| 5:30 PM | | | | | TRX Performance Zone Karen | | | |
| 5:30 PM | ZUMBA Lisa | | LES MILLS BODYSTEP ATHLETIC Karen | | | | | |
| 6:15 PM | | POUND Jodi | | LES MILLS BODYPUMP Karen | | | | |

CYCLE STUDIO and CARDIO THEATRE

| | | | | | | | | |
|---------|---------------------------|-------------------------|----------------------------|--|----------------------------|---------|------------------------------|--|
| 8:00 AM | CYCLE Melanie | | TREAD SPEED Melanie | | TREAD SPEED Melanie | 8:30 AM | TREAD SPEED Melanie | |
| 8:30 AM | | | | | | 9:00 AM | LES MILLS RPM Rotates | |
| 6:00 PM | LES MILLS RPM Jodi | LES MILLS RPM Mo | | | | | | |
| 6:30 PM | | | | | | | | |

Your Home Town Gym!!!

MIND/BODY ROOM (located lower building next to Cycle Room)

| | | | | | | | | |
|----------|--------------------------|------------|------------------------|---------------------------|-------------------|--|--|--|
| 10:00 AM | | | ZUMBA Lisa | BARRE above Yvette | ZUMBA Lisa | | | |
| 11:00 AM | Yoga Yvette | | Yoga Yvette | | Yoga Vanessa | | | |
| 5:30 PM | | Yoga Nikki | | POWER YOGA Amy | | | | |
| 6:00 PM | | | Strength Ashley | | | | | |
| 6:30 PM | BARRE above Ellen | | | | | | | |

AQUA AEROBICS

| | | | | | | | | |
|----------|-----------------------|--|-----------------------|---------------------|-----------------------|--|--|--|
| 9:00 AM | Hydrotone Melanie | | Hydrotone Melanie | | Hydrotone Melanie | | | |
| 10:00 AM | Aqua Aerobics Melanie | | Aqua Aerobics Melanie | | Aqua Aerobics Melanie | | | |
| 5:30 PM | Aqua Aerobics Ellen | | | Aqua Aerobics Ellen | | | | |

