

July Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin & Tone 5:45-6:30 am		Spin & Tone 5:45-6:30 am		Spin & Tone 5:45-6:30 am	
					Spinning 7:00-7:45 am
Zumba 8:15-9:00 am	Power Pump 8:15-9:00 am	Kickboxing 8:15-9:00 am	Power Pump 8:15-9:00 am	Spinning <i>1st & 3rd Friday of the month</i> Core Fusion <i>2nd & 4th Friday of the month</i> 8:15-9:00 am	Power Pump 8:00-8:45 am
Gentle Yoga 9:15-10:15 am	Gentle Zumba 9:15-10:00 am	Gentle Yoga 9:15-10:15 am	Gentle Zumba 9:15-10:00 am	Gentle Yoga 9:15-10:15 am	Yoga I/II 9:00-10:00 am
Spinning 12:00-12:45 pm	Core Fusion 12:00-12:45 pm	Spinning 12:00-12:45 pm	Core Fusion 12:00-12:45 pm	Spinning 12:00-12:45 pm	

Class Schedule

CLASSES MAY CHANGE DUE TO INSTRUCTOR AVAILABILITY.

New Class:

Zumba Core

This class combines Zumba and Core Fusion.

Wednesdays
5:15-6:15 p.m.
(Zumba 5:15-5:45 and Core Fusion 5:45-6:15)

Summer Schedule

You may notice a few changes to the schedule this month. To accommodate busy summer schedules, a few classes have switched time slots. This is a great chance for you to try a new class and get your passport filled up for the "Passport to Fitness" summer incentive program. *Ask your instructor for details.*

July 4th Holiday Weekend Special Schedule:

- Friday, July 2—normal hours and classes at Fly High and the fitness center
- Saturday, July 3—normal classes at Fly High; fitness center closed
- Monday, July 5—Fly High classes begin at 8 a.m. (no 5:45 a.m. Spin & Tone); normal hours for the fitness center

Kickboxing 4:15-5:00 pm	Spinning 4:15-5:00 pm	Power Pump 4:15-5:00 pm	Spinning 4:15-5:00 pm		
Core Fusion 5:15-6:00 pm * Spinning 5:15-6:00 pm	Step Pump 5:15-6:15 pm	Zumba Core 5:15-6:15 pm * Spinning 5:15-6:00 pm	Step Pump 5:15-6:15 pm		
	Gentle Yoga 6:30-7:15 pm	Yoga II 6:15-7:15 pm	Gentle Yoga 6:30-7:15 pm		

* Classes run simultaneously.