

Total Body Wellness

July 2024

Effective 07/01-07/31



MONDAY	TUESDAY	WEDNESDAY	THURSDAY*	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7AM-8AM(B) SHARON	SUNRISE YOGA 6:30 AM-7:15AM (B) NANCY	BOLLYWOOD FITNESS*** 7:30AM-8:30AM (A) JASWINDER POP UP 7/17	SUNRISE YOGA 6:30AM-7:15AM (B) NANCY	ULTIMATE FITNESS 7:30AM-8:30AM (A) LISA P	TABATA STRENGTH 9AM-10AM (A) CATHY	HIIT 9AM-10AM (A) LIZA
VINYASA YOGA 9AM-10AM (B) NANCY	TOTAL BODY STRENGTH 7:30AM-8:30AM (A) LISA P	TOTAL BODY CONDITIONING 9AM-10AM(A) PAT	VINYASA YOGA 9AM-10AM (B) DEL	BARRE FIT 9AM-10AM(MB) MISSI	VINYASA YOGA 9AM-10AM (B) DEL	VINYASA YOGA 9AM-10AM (B) RAJI NEW INSTRUCTOR
ZUMBA® TONING 10AM-11AM (A) RUCHI	AQUA CARDIO TONE 8:30AM -9:30AM(P) ANU	VINYASA YOGA 9AM-10AM (B) DEL	BOLLYWOOD FITNESS 9AM-10AM (A) JASWINDER	TAI CHI 9AM-10AM (A) Setsuko	MAT PILATES 9:30AM-10:30AM (MB) DANIEL	Zumba® 10AM-11AM (A) MARIA
	ZUMBA® 9:30AM-10:30AM(A) JASWINDER	MAT PILATES 10AM-11AM(MB) SHANESE	MIXER 10AM-11AM (A) LISA P	VINYASA FLOW 9:30AM-10:30AM (B) NANCY NO CLASS 7/5	ZUMBA® 10AM-11AM (A) RUCHI	CARDIO TONE/SCULPT 10:30AM-11:30AM (MB) DEL
	HIIT 30 10:30AM-11AM (A) JASWINDER	KIDS HULA HOOP FIT** 10AM-11AM (B) ANGELA NEW CLASS STARTS 07/10		AQUA TONE/CORE 12:15PM-1PM (P) ANU	AQUA DANCE/TONE 10AM-11AM (P) DONNA NO CLASS 7/06 & 7/13	STRONG 30 11AM-11:30AM (A) MARIA
FAMILY ZUMBA® 6PM-7PM (MB) DONNA			TEEN STRENGTH & CONDITIONING AGES 12-16 5PM-6PM (FF) MARK NEW CLASS	BOLLYWOOD FITNESS 5:30PM-6:30PM (A) ARCHANA	*7/4 - CLOSED ** 7/31-Kids Hula Hoop Fit -NO CLASS	BOLLYWOOD FITNESS 11::30am-12:30pm(A) JASWINDER
ZUMBA TONING 6:30PM-7:30PM (A) MARIA	TOTAL BODY STRENGTH 6PM-7PM (A) VIN	INTERVAL TRAINING 6PM-7PM (A) CATHY	HULA HOOP FITNESS 6PM-7PM (A) ANGELA	KIDS CONDITIONING 5:30PM-6:30PM(G) DEE-DEE SUB: MARK UNTIL 08/30	***7/17 POP UP CLASS -BOLLYWOOD FITNESS	
SPINNING® 7PM-8PM (S) PAT	VINYASA YOGA 6:15pm-7:15PM (B) SHARON	BARRE 6PM-7PM (MB) DANIEL	YOGA 7PM-8PM(PR) NITA	STRONG NATION® 6:30PM-7:30PM (A) MARIA		
HATHA YOGA 7PM-8PM (MB) PRIYANKA SUB NITA	MAT PILATES 7:15PM-8PM (B) SHARON CANCELED-RETURN DATE- TBA	ZUMBA® 7PM-8PM (A) JEANETTE	TOTAL BODY STRENGTH 7PM-8PM (A) LIZA			
TOTAL BODY SCULPT 7:30PM-8:30PM (A) MARK	ZUMBA® 7PM-8PM (A) STACY	HATHA YOGA 7PM-8PM DANIEL (MB)	KIDS BOLLYWOOD 7PM-8PM (MB) ARCHANA			

STUDIOS

FITNESS FLOOR (FF) AEROBICS STUDIO (A) MIND BODY STUDIO (MB) GYMNASIUM (G) SPIN ROOM (S) BANQUET HALL (B) PARTY ROOM (PR)