



JULY-PARKER

Weekend Group Exercise Schedule

Saturday, July 7th

8:00-9:00am Cycling- **CANCELLED**
9:00-10:00am Zumba/Toning- Emily

Sunday, July 8th

7:30-8:30am-Group Power (Strength Train Together)- Andrea
9:00-10:00am Zumba-Emily

Saturday, July 14th

8:00-9:00am Cycling- Jodeen
9:00-10:00am Zumba/Toning-Emily

Sunday, July 15th

7:30-8:30am Group Power (Strength Train Together)- Diane J.
9:00-10:00am Zumba-Emily

Saturday, July 21st

9:00-10:00am Cycling- Amanda
9:00-10:00am Zumba/Toning-Emily

Sunday, July 22nd

7:30-8:30am Group Power (Strength Train Together)- Andrea
9:00-10:00am Zumba-Emily

Saturday, July 28th

9:00-10:00am Cycling- Jodeen
9:00-10:00am Zumba/Toning-Emily

Sunday, July 29th

7:30-8:30am Group Power (Strength Train Together)-
LAUNCH: Diane J. and Andrea
9:00-10:00am Zumba- Emily

***PLEASE NOTE: CYCLING TIME CHANGED TO
8:00AM-9:00AM**