



AUGUST-PARKER

Weekend Group Exercise Schedule

Saturday, Aug 4th

8:00-9:00am Cycling- Jodeen

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

Sunday, Aug 5th

7:30-8:30am-Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba-Emily

Saturday, Aug 11th

8:00-9:00am Cycling- Amanda

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

Sunday, Aug 12th

7:30-8:30am Group Power (Strength Train Together)- Julie St.

9:00-10:00am Zumba-Emily

Saturday, Aug 18th

8:00-9:00am Cycling- Amanda

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

Sunday, Aug 19th

7:30-8:30am Group Power (Strength Train Together)- Diane J.

9:00-10:00am Zumba-Emily

Saturday, Aug 25th

8:00-9:00am Cycling- ***CANCELLED***

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

Sunday, Aug 26th

7:30-8:30am Group Power (Strength Train Together)- Andrea

9:00-10:00am Zumba- Emily

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