



JULY

PLEASE ARRIVE 10 MINUTES EARLY FOR EACH CLASS.

TRX CLASSES ARE LIMITED TO 6 PEOPLE.

| SUN   | MON   | TUE  | WED  | THU   | FRI   | SAT   |
|---|---|--|--|---|---|---|
| 01<br>1:00PM - 3:00PM<br>SCHEDULED PICKLEBALL | 02<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br>10:15AM PILATES<br>11:30AM STRONG STABILITY                         | 03<br>7:00AM TRX<br>8:00AM SUNRISE STRETCH<br>9:00AM INTRO TO TRX<br>10:15AM PILATES<br>11:30AM RESISTAMCE CIRCUIT TRAINING<br><br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT                  | 04<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br><br>10:15AM PILATES<br>11:30AM STRONG STABILITY<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL                 | 05<br>7:00AM TRX<br>8:00AM SUNRISE STRETCH<br>9:00AM WATER AEROBICS<br>10:15AM INTRO TO TRX<br>11:30AM RESISTANCES CIRCUIT TRAINING<br>6:00PM - 8:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT | 06<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL | 07<br>8:00AM SUNRISE STRETCH<br>9:00AM HIIT<br>10:30AM YIN YOGA<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL  |
| 08<br>1:00PM - 3:00PM<br>SCHEDULED PICKLEBALL | 09<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br>10:15AM PILATES<br>9:00AM ZUMBA FITNESS                             | 10<br>7:00AM TRX<br>8:00AM SUNRISE STRETCH<br>9:00AM INTRO TO TRX<br>10:15AM PILATES<br>11:30AM RESISTAMCE CIRCUIT TRAINING<br>9:00AM ZUMBA STEP<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT | 11<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br>9:00M ZUMBA TONE<br>10:15AM PILATES<br>11:30AM STRONG STABILITY<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL | 12<br>6:00PM - 8:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT  | 13<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL | 14<br>*8:00AM SUNRISE STRETCH<br>9:00AM HIIT<br>10:30AM YIN YOGA<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL |
| 15<br>1:00PM - 3:00PM<br>SCHEDULED PICKLEBALL | 16<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br>10:15AM PILATES<br>11:30AM STRONG STABILITY<br>9:00AM ZUMBA FITNESS | 17<br>7:00AM TRX<br>8:00AM SUNRISE STRETCH<br>9:00AM INTRO TO TRX<br>10:15AM PILATES<br>11:30AM RESISTAMCE CIRCUIT TRAINING<br>9:00AM ZUMBA STEP<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT | 18<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br>9:00M ZUMBA TONE<br>10:15AM PILATES<br>11:30AM STRONG STABILITY<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL | 19<br>7:00AM TRX<br>8:00AM SUNRISE STRETCH<br>9:00AM WATER AEROBICS<br>10:15AM INTRO TO TRX<br>11:30AM RESISTANCES CIRCUIT TRAINING<br>6:00PM - 8:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT | 20<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL | 21<br>8:00AM SUNRISE STRETCH<br>9:00AM HIIT<br>10:30AM YIN YOGA<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL  |
| 22<br>1:00PM - 3:00PM<br>SCHEDULED PICKLEBALL | 23<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br>10:15AM PILATES<br>11:30AM STRONG STABILITY                         | 24<br>7:00AM TRX<br>8:00AM SUNRISE STRETCH<br>11:30AM RESISTAMCE CIRCUIT TRAINING<br><br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT  | 25<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br><br>10:15AM PILATES<br>11:30AM STRONG STABILITY<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL                 | 26<br>7:00AM TRX<br>8:00AM SUNRISE STRETCH<br>9:00AM WATER AEROBICS<br>10:15AM INTRO TO TRX<br>11:30AM RESISTANCES CIRCUIT TRAINING<br>6:00PM - 8:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT | 27<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL | 28<br>8:00AM SUNRISE STRETCH<br>9:00AM HIIT<br>10:30AM YIN YOGA<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL  |
| 29<br>1:00PM - 3:00PM<br>SCHEDULED PICKLEBALL | 30<br>8:00AM SUNRISE STRETCH<br>9:00AM TRX<br>10:15AM PILATES<br>11:30AM STRONG STABILITY<br>9:00AM ZUMBA FITNESS | 31<br>7:00AM TRX<br>8:00AM SUNRISE STRETCH<br>9:00AM INTRO TO TRX<br>10:15AM PILATES<br>11:30AM RESISTAMCE CIRCUIT TRAINING<br>9:00AM ZUMBA STEP<br>10:00AM - 12:00PM<br>SCHEDULED PICKLEBALL<br>6:30PM HIIT |  |   |   |   |

CLASSES ARE SUBJECT TO CHANGE.

ZUMBA CLASSES AND PICKLE BALL WILL BE HELD IN THE TENNIS COURTS.  
\*JULY 14TH SUNRISE STRETCH CLASSES WILL BE HELD OUTSIDE

