

# 4th OF JULY HOLIDAY GROUP FITNESS SCHEDULE

## Monday, July 4th

MAT PILATES	7:30am - 8:30am   Studio 1 with Marlo
BODYPUMP™	9:30am - 10:30am   Studio 2 with Cesar
AQUA FIT	9:30am - 10:15am   Lap Pool with Christina W.
STRETCH & FLEX	10:15am - 11:00am   Therapy Pool with Christina W.
GENTLE YOGA	10:30am - 11:30am   Studio 1 with Kelly
CYCLE	10:30am - 11:30am   Cycle Studio with Carly
ZUMBA®	10:35am - 11:35am   Studio 2 with Marisol