



## 4<sup>th</sup> of July schedule:

### STUDIO 1

### STUDIO 2

### CYCLE STUDIO

9:00- 10:00 Zumba- Cheryl

9:00-10:00 Pilates Mat –Sue

9:00-10:00 Cycle- Holly

10:00-11:00 BodyPump- Jenn

10:00-11:00 Hatha Yoga- Steve P

11:00-11:30 Pound - Jenn



ROBERT WOOD JOHNSON  
FITNESS & WELLNESS CENTER