

INDEPENDENCE DAY EXERCISE SCHEDULE

Saturday, July 4

7 to 7:45 a.m.	Stars, Stripes & 1000 Reps* ...	Emma	Move
7:45 to 8:45 a.m.	WaterFitness Aqua Fit	Charlotte	Resort Pool
7:45 to 9 a.m.	SwimFit Strong	Jorge	Sports Pool
8:15 to 9:15 a.m.	Cutting EDGE	Shanna	Move
8:15 to 9:15 a.m.	Yoga Lab	Andrew	Breathe
8:30 to 9:15 a.m.	Pure Cycle	DK	Surge
9:30 to 10:15 a.m.	KARB Cardio	YJ	Strong
9:30 to 10:30 a.m.	Yoga Therapy	Andrew	Breathe
9:30 to 10:30 a.m.	Zumba	Shellah	Move
9:45 to 10:30 a.m.	Rhythm Ride	Celeste	Surge
10:45 to 11:30 a.m.	BARRE Jam	Mel	Strong
10:45 to 11:30 a.m.	Muscles	YJ	Move
10:45 to 11:45 a.m.	Yoga Power	Steven	Breathe
11:45 a.m. to 12:30 p.m. ...	Sweaty Aerobics	Martica	Move
Noon to 1 p.m.	Yoga Stretch	Steven	Breathe
1:30 to 2:30 p.m.	RW: Yoga with Gravity**	Steven	Breathe

***Stars, Stripes & 1000 Reps:** Celebrate America's birthday with a challenge worthy of fireworks! In this special edition workout, you'll take on 4 rounds of 250 reps for a grand total of 1,000 reps. Expect a mix of strength, cardio, and endurance movements designed to test your grit, pace, and determination.

**Fee based.

