

INDEPENDENCE DAY EXERCISE SCHEDULE

Friday, July 4

7:30 to 8:45 a.m.	SwimFit Fired Up	Jarrood	Sports Pool
8:45 to 9:30 a.m.	Pure Cycle	DK	Surge
8:45 to 9:30 a.m.	TRX H.I.I.T.	Steven	Strong
8:45 to 9:45 a.m.	Yoga Power	Susy	Breathe
8:50 to 9:30 a.m.	Arms & Abs	Melissa	Move
9:45 to 10:30 a.m.	Yoga/Pilates Fusion	Cathy	Strong
9:45 to 10:30 a.m.	Sweaty Aerobics	YJ	Move
10 to 11 a.m.	Cycle Challenge	Susy	Surge
10:45 to 11:30 a.m.	Jump & Pump	Melissa	Strong
10:45 to 11:30 a.m.	Muscles	YJ	Move
10:45 to 11:45 a.m.	Yoga Body	Misha	Breathe
11:45 a.m. to 12:30 p.m.	Zumba	Varelis	Move
Noon to 1 p.m.	Yoga Stretch	Misha	Breathe
1:05 to 1:30 p.m.	Meditation	Misha	Breathe
2 to 2:45 p.m.	Daoist Yoga	Simone	Breathe

