

# GROUP FITNESS SCHEDULE

## JULY 2025

CARDIO & STRENGTH	CORE & STRENGTH	STRENGTH	YOUTH	50+
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GROUP X1 WEIGHTROOM					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:30 AM			Early Bird Strength Training Grant		Early Bird Strength Training Matthew
4:30-5:15 PM		Youth Weight Lifting Fundamentals Grant		Youth Weight Lifting Fundamentals Grant	
5:30-6:15 PM		Strength & Circuits Grant			

GROUP X2					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 AM	Forever Fit Grant		Forever Fit Grant		
12:00-12:30 PM	Pilates Reformer Fusion Kylie	Lunch & Lift Matthew		Lunch & Lift Matthew	Pilates Reformer Fusion Kylie
5:30-6:15 PM	Power 45 Matthew		Power 45 Matthew		