

# July 2017 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>3</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 7:00-7:30 am Pedal Pushers 8:30-9:15 am Stretch &amp; Strengthen 8:15-9:00 am Flex &amp; Stretch 12:00-12:30 pm Fit in 30 12:00-12:45 pm Aquasthenics 6:15-7:00 pm Sunset Yoga</p>	<p>4</p> <p>Recreation Center CLOSED</p> <p>Happy 4th of July</p>	<p>5</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch &amp; Strengthen 8:15-9:00 am Flex &amp; Stretch 12:00-12:30 pm Fit in 30 12:00-12:45 pm Aquasthenics 6:15-7:00 pm Sunset Yoga</p>	<p>6</p> <p>5:30-6:15 am Cycling 7:00-8:00 am Yoga Flow 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30</p>	<p>7</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch &amp; Strengthen 8:15-9:00 am Flex &amp; Stretch 12:00-12:45 pm Aquasthenics</p>	8
9	<p>10</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 7:00-7:30 am Pedal Pushers 8:30-9:15 am Stretch &amp; Strengthen 8:15-9:00 am Flex &amp; Stretch 12:00-12:30 pm Fit in 30 12:00-12:45 pm Aquasthenics 6:15-7:00 pm Sunset Yoga</p>	<p>11</p> <p>5:30-6:15 am Cycling 7:00-8:00 am Yoga Flow 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30</p>	<p>12</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch &amp; Strengthen 8:15-9:00 am Flex &amp; Stretch 12:00-12:30 pm Fit in 30 12:00-12:45 pm Aquasthenics 6:15-7:00 pm Sunset Yoga</p>	<p>13</p> <p>5:30-6:15 am Cycling 7:00-8:00 am Yoga Flow 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30</p>	<p>14</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch &amp; Strengthen 8:15-9:00 am Flex &amp; Stretch 12:00-12:45 pm Aquasthenics</p>	15
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30	<p>31</p> <p>5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch &amp; Strengthen 8:15-9:00 am Flex &amp; Stretch 12:00-12:30 pm Fit in 30 12:00-12:45 pm Aquasthenics</p>			<p>Classes in GREEN are held at the Aquatic Center</p>	<p>Classes in BLUE are held in the indoor pool</p>	