



Independence Day Weekend 2024 Group Ex Class Schedule

Wednesday, July 3rd Center Hours: 5am-8pm	Thursday, July 4th Independence Day Center Hours: 7am-Noon
<p><u>6:00am **Group Cycling EXP 45 min</u> Mara G. /CS</p> <p><u>6:00am ***Full Body HIIT</u> Amanda S. /AS</p> <p><u>8:30am **Group Cycling</u> Brittainy H. /CS</p> <p><u>8:30am ***Cardio Strength</u> Amanda S. /AS</p> <p><u>9:30am **Cardio Strength Lite!</u> Stephanie O. /AS</p> <p><u>9:30am *Quick Core! (30min)</u> Brittainy H./CR/GYM</p> <p><u>10:30am **Pilates Level II</u> Stephanie O. /MBS</p> <p><u>5:30pm HIIT Express (45min)</u> Jennifer L. /AS</p> <p><u>6:30pm **Group Cycling</u> Jennifer L. /CS</p> <p><u>6:30pm **Zumba®</u> Laura M. /AS</p>	<p><u>7:00am Foam Roller (30 min)</u> Angela L./ AS</p> <p><u>7:30am **Strength and Conditioning</u> Angela L. /AS</p> <p><u>8:30am **Group Cycling</u> Kelly F. /CS</p> <p><u>9:00am *Chair Yoga</u> Maureen T./ CR</p> <p><u>9:30am **Cardio Strength</u> Kelly F. /AS</p> <p><u>10:30am *Power Flexibility</u> Kelly /CR</p> <div style="text-align: center; margin-top: 20px;">  </div>
Friday, July 5th Center Hours: 5am-7pm	Saturday, July 6th Center Hours: 7am-3pm
<p><u>6:00am *** Full Body HIIT</u> Amanda S. /AS</p> <p><u>7:00am *Aqua Easy Movement</u> Julie P. /WARM</p> <p><u>8:30am ***Cardio Strength</u> Amanda S. /AS</p> <p><u>8:30am **Yoga/Pilates Hybrid (45)</u> Cheryl G. /MBS</p> <p><u>9:15am *YIN Yoga (45)</u> Cheryl G. /MBS</p> <p><u>9:30am ** Cycle Fusion</u> Kelly F. /CS/AS</p>	<p><u>8:15am ***HIGH Fitness</u> Sophie J. /AS</p> <p><u>9:00am **Group Cycling</u> Kelly F. /CS</p> <p><u>9:15am **Barre</u> Amy H. /AS</p> <p><u>10:15am *Power Flexibility</u> Kelly F. /CR</p>
	Sunday, July 7th Center Hours: 7am-3pm
	<p><u>9:30am **Group Cycling</u> Kelly F. /CS</p>