


July Group Ex. Schedule

| | Wed | Thu | Fri | Sat | | |
|---|--|---|--|---|--|---|
| | | 1 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 5:30 Total Body w/ Buddy 6:30 Zumba w/ Meagan | 2 10:30 Total body w/Buddy | 3 9:00 Kickboxing w/Melissa 10:00 Cycle w/ Melissa | | |
|  5 9:15 Cycle w/Crystal 10:30 Yoga w/Buddy 5:30 Cycle w/Paul 6:30 Yoga w/Rene | 6 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 10:30 Zumba w/Meagan 5:30 Step w/Renita 6:30 Total Body w/Pam | 7 5:00 Step w/Cathy 9:15 Cycle w/Crystal 9:30 Water Aerobics w/Felicia 10:30 Total Body w/Buddy 5:30 Yoga w/Rene 6:30 Cycle w/Bruce | 8 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 5:30 Total Body w/ Buddy 6:30 Zumba w/ Meagan | 9 10:30 Total Body w/Buddy | 10 9:00 Step w/ Renita 10:00 Cycle w/ Bruce | |
| 11 | 12 9:15 Cycle w/Crystal 10:30 Yoga w/Buddy 5:30 Cycle w/Paul 6:30 Yoga w/Rene | 13 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 10:30 Zumba w/Meagan 5:30 Step w/Renita 6:30 Total Body w/Pam | 14 5:00 Step w/Cathy 9:15 Cycle w/Crystal 9:30 Water Aerobics w/Felicia 10:30 Total Body w/Buddy 5:30 Yoga w/Rene 6:30 Cycle w/Melissa | 15 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 5:30 Total Body w/ Buddy 6:30 Zumba w/ Meagan | 16 10:30 Total Body w/Buddy | 17 9:00 Zumba w/Meagan 10:00 Cycle w/ Melissa |
| 18 | 19 9:15 Cycle w/Crystal 10:30 TBD 5:30 Cycle w/ 6:30 Yoga w/Rene | 20 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 10:30 Zumba w/Meagan 5:30 Step w/Renita 6:30 Total Body w/Pam | 21 5:00 Step w/Cathy 9:15 Cycle w/Crystal 9:30 Water Aerobics w/Felicia 10:30 Yoga w/Kelly 5:30 Yoga w/Rene 6:30 Cycle w/Melissa | 22 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 5:30 Total Body w/ Melissa 6:30 Zumba w/ Meagan | 23 10:30 Total Body w/Melissa | 24 9:00 Kickboxing w/Melissa 10:00 Cycle w/ Melissa |
| 25 | 26 9:15 Cycle w/Crystal 10:30 TBD 5:30 Cycle w/Paul 6:30 Zumba w/Meagan | 27 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 10:30 Zumba w/Meagan 5:30 Step w/Renita 6:30 TBD | 28 5:00 Step w/Cathy 9:15 Cycle w/Crystal 9:30 Water Aerobics w/Felicia 10:30 TBD 5:30 TBD 6:30 Cycle w/Melissa | 29 5:15 Cycle w/Bruce 9:15 Practical Fitness w/Kelly 9:30 Water Aerobics w/Felicia 5:30 Total Body w/ Melissa 6:30 Zumba w/ Meagan | 30 10:30 Total Body w/Melissa | 31 9:00 Step w/Renita 10:00 Cycle w/Melissa |

YMCA MISSION:

Helping all people reach their God given potential in Spirit, Mind, and Body.