




# GROUP FITNESS CLASSES JULY 2022

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6:30 AM</b>			6:30 AM <b>SUNRISE STRENGTH</b> MATT  Location: Serosis Park				
<b>8:30 AM</b>	8:30AM <b>FUNCTIONAL STRENGTH</b> LINDY		8:30AM <b>FUNCTIONAL STRENGTH</b> LINDY		8:30AM <b>FUNCTIONAL STRENGTH</b> LINDY		
<b>9:00 AM</b>		9:00AM <b>RIVER WALK + STRETCH</b> HANNAH  Location: Kiwanis Park		9:00AM <b>RIVER WALK + STRETCH</b> HANNAH  Location: Kiwanis Park		9:00AM <b>BARRE</b> HANNAH	
<b>5:30 PM</b>	5:30 PM <b>BEGINNER STRENGTH</b> MATT	5:30 PM <b>YOGA</b> LEXI	5:30 PM <b>BARRE</b> HANNAH	5:30 PM <b>FOAM ROLLING</b> LINDY	5:30 PM <b>ZUMBA</b> DEZ		
<b>6:30 PM</b>	6:30PM <b>YOGA TRAPEZE</b> KAAHREENA		6:30 PM <b>COMMUNITY ZUMBA</b> HANNAH	6:30 PM <b>STRENGTH</b> MATT/ SUSANNAH	<b>July Events</b> Crystal Bowl Sound Bath Sunday, July 23 6-7pm  Kids Hip Hop Workshop Friday, July 29 11am & 1pm		

**First Class Free! Use code: WELCOME**

Tickets available [www.studiofittd.com](http://www.studiofittd.com)