

# JULY

☼ = Specialty Class | ◇ = New Class

## Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>5:30am - Spin 0 Mary (45min)</div> <div>6:00am - S,C,F with TRX "T"</div> <div>8:30am - Body Basics Sherry</div> <div>9:30am - Bust Butt BC Christine</div> <div>9:30am - Spin Jen</div> <div>10:30am - Barre &amp; Balance Christine(30min)</div> <div>10:30am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Missy</div> <div>5:00pm - Fit &amp; Spin Damaris</div> <div>6:00pm - Iron Pump Jonathan</div>	<div>2</div> <div>6:00am - Fit &amp; Spin ☼ Mike L</div> <div>6:00am - Bootcamp Christine</div> <div>8:30am - Yoga Kelly (downstairs)</div> <div>9:30am - HIIT Core &amp; More Kelly</div> <div>9:30am - Fit &amp; Spin Christine</div>	<div>3</div> <div>8:00am - Bootcamp Christine</div> <div>8:00am - Barre/Sculpt Kelly (Upstairs)</div> <div>9:00am - Spin Kathy</div> <div>9:00am - Iron Pump Plus Jim</div> <div>10:15am - Dance Fitness Missy</div>
<div>4</div> <div>Happy 4th of July!</div> <div>Club Hours 7am - Noon</div>	<div>5</div> <div>6:00am - HIIT Mike</div> <div>7:30am - Power Barre ☼ Jonathan</div> <div>9:30am - HIIT The Step Christine</div> <div>9:30am - Fit &amp; Spin Jen</div> <div>5:00pm - Yoga Heather</div> <div>6:00pm - HIIT Core &amp; More Missy</div> <div>6:00pm - Fit &amp; Spin Kelly</div>	<div>6</div> <div>6:00am - Cross Cond. &amp; HIIT Mike</div> <div>8:30am - Tone &amp; Strength Jim</div> <div>9:30am - Spin &amp; Barre Christine</div> <div>9:30am - Vinyasa Yoga Carol (45min)</div> <div>10:15am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Missy</div> <div>6:00pm - Pump Missy</div> <div>6:00pm - Bike &amp; Abs Mike L</div>	<div>7</div> <div>6:00am - Bootcamp "T"</div> <div>7:30am - Power Barre ☼ Jonathan</div> <div>9:30am - Cardio Blast Christine</div> <div>9:30am - Fit &amp; Spin Jen</div> <div>5:00pm - Core Control Christine</div> <div>6:00pm - HIIT TRX &amp; Core Kelly</div>	<div>8</div> <div>5:30am - Spin 0 Mary (45min)</div> <div>6:00am - S,C,F with TRX Mike</div> <div>8:30am - Body Basics Sherry</div> <div>9:30am - Bust Butt BC Christine</div> <div>9:30am - Spin Damaris</div> <div>10:30am - Barre &amp; Balance Christine (30min)</div> <div>10:30am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Missy</div> <div>5:00pm - Fit &amp; Spin Jonathan</div> <div>6:00pm - Iron Pump Kathy</div>	<div>9</div> <div>6:00am - Fit &amp; Spin ☼ Mike L</div> <div>6:00am - Bootcamp Mike</div> <div>8:30am - Yoga Kelly (downstairs)</div> <div>9:30am - HIIT Core &amp; More Kelly</div> <div>9:30am - Fit &amp; Spin Damaris</div>	<div>10</div> <div>8:00am - Bootcamp Mike</div> <div>8:00am - Barre/Sculpt Kelly (Upstairs)</div> <div>9:00am - Spin Missy</div> <div>9:00am - Iron Pump Plus Mike L</div> <div>10:15am - Dance Fitness Elise</div>
<div>11</div> <div>9:00am - Spin Damaris</div> <div>9:00am - HIIT Core &amp; More Kathy</div> <div>10:00am - Yoga Elli</div>	<div>12</div> <div>6:00am - HIIT Mike</div> <div>7:30am - Power Barre ☼ Jonathan</div> <div>9:30am - HIIT The Step Kelly</div> <div>9:30am - Fit &amp; Spin Damaris</div> <div>5:00pm - Yoga Heather</div> <div>6:00pm - HIIT Core &amp; More Missy</div> <div>6:00pm - Fit &amp; Spin Damaris</div>	<div>13</div> <div>6:00am - Cross Cond. &amp; HIIT Mike</div> <div>8:30am - Tone &amp; Strength Sherry</div> <div>9:30am - Vinyasa Yoga Carol (45min)</div> <div>9:30am - Spin &amp; Barre Christine</div> <div>10:15am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Elise</div> <div>6:00pm - Pump Missy</div> <div>6:00pm - Bike &amp; Barre Damaris</div>	<div>14</div> <div>6:00am - Bootcamp "T"</div> <div>7:30am - Power Barre ☼ Jonathan</div> <div>9:30am - Cardio Blast Christine</div> <div>9:30am - Fit &amp; Spin Kathy</div> <div>5:00pm - Core Control Christine</div> <div>6:00pm - HIIT TRX &amp; Core Kelly</div>	<div>15</div> <div>5:30am - Spin 0 Tammy (45min)</div> <div>6:00am - S,C,F with TRX "T"</div> <div>8:30am - Body Basics Sherry</div> <div>9:30am - Bust Butt BC Christine</div> <div>9:30am - Spin Jen</div> <div>10:30am - Barre &amp; Balance Christine (30min)</div> <div>10:30am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Missy</div> <div>5:00pm - Fit &amp; Spin Kathy</div> <div>6:00pm - Iron Pump Jonathan</div>	<div>16</div> <div>6:00am - Fit &amp; Spin ☼ Mike L</div> <div>6:00am - Bootcamp Christine</div> <div>8:30am - Yoga Kelly (downstairs)</div> <div>9:30am - HIIT Core &amp; More Kelly</div> <div>9:30am - BIKE&amp;BUBBLES ☼ Christine</div>	<div>17</div> <div>8:00am - Bootcamp Christine</div> <div>8:00am - Barre/Sculpt Kelly (Upstairs)</div> <div>9:00am - Spin Missy</div> <div>9:00am - Iron Pump Plus Jim</div> <div>10:15am - Dance Fitness Damaris</div>
<div>18</div> <div>9:00am - Spin Jen</div> <div>9:00am - HIIT Core &amp; More Kathy</div> <div>10:00am - Yoga Lisa</div>	<div>19</div> <div>6:00am - HIIT Mike</div> <div>7:30am - Power Barre ☼ Jonathan</div> <div>9:30am - HIIT The Step Christine</div> <div>9:30am - Fit &amp; Spin Jen</div> <div>5:00pm - Yoga Elli</div> <div>6:00pm - HIIT Core &amp; More Missy</div> <div>6:00pm - Fit &amp; Spin Kelly</div>	<div>20</div> <div>6:00am - Cross Cond. &amp; HIIT Mike</div> <div>8:30am - Tone &amp; Strength Jim</div> <div>9:30am - Vinyasa Yoga Carol (45min)</div> <div>9:30am - Spin &amp; Barre Christine</div> <div>10:15am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Damaris</div> <div>6:00pm - Pump Missy</div> <div>6:00pm - Bike &amp; Abs Jen</div>	<div>21</div> <div>6:00am - Bootcamp "T"</div> <div>7:30am - Power Barre ☼ Jonathan</div> <div>9:30am - Cardio Blast Christine</div> <div>9:30am - Fit &amp; Spin Jen</div> <div>5:00pm - Power Yoga 0 Jonathan</div> <div>6:00pm - HIIT TRX &amp; Core Kelly</div>	<div>22</div> <div>5:30am - Spin 0 Mary (45min)</div> <div>6:00am - S,C,F with TRX Mike</div> <div>8:30am - Body Basics Sherry</div> <div>9:30am - Bust Butt BC Christine</div> <div>9:30am - Spin Jen</div> <div>10:30am - Barre &amp; Balance Christine (30min)</div> <div>10:30am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Missy</div> <div>5:00pm - Fit &amp; Spin Elise</div> <div>6:00pm - Iron Pump Kathy</div>	<div>23</div> <div>6:00am - Fit &amp; Spin ☼ Mike L</div> <div>6:00am - Bootcamp Mike</div> <div>8:30am - Yoga Kelly (downstairs)</div> <div>9:30am - HIIT Core &amp; More Kelly</div> <div>9:30am - Fit &amp; Spin Christine</div>	<div>24</div> <div>8:00am - Bootcamp Mike</div> <div>8:00am - Barre/Sculpt Kelly (Upstairs)</div> <div>9:00am - Spin Jonathan</div> <div>9:00am - Iron Pump Plus Jim</div> <div>10:15am - Dance Fitness Elise</div>
<div>25</div> <div>9:00am - Spin Mike L</div> <div>9:00am - HIIT Core &amp; More Jonathan</div> <div>10:00am - Yoga Lisa</div>	<div>26</div> <div>6:00am - HIIT Mike</div> <div>7:30am - Power Barre ☼ Jonathan</div> <div>9:30am - HIIT The Step Christine</div> <div>9:30am - Fit &amp; Spin Jen</div> <div>5:00pm - Yoga Heather</div> <div>6:00pm - HIIT Core &amp; More Missy</div> <div>6:00pm - Fit &amp; Spin Mike L</div>	<div>27</div> <div>6:00am - Cross Cond. &amp; HIIT Mike</div> <div>8:30am - Tone &amp; Strength Jim</div> <div>9:30am - Vinyasa Yoga Carol (45min)</div> <div>9:30am - Spin &amp; Barre Christine</div> <div>10:15am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Elise</div> <div>6:00pm - Pump Missy</div> <div>6:00pm - Bike &amp; Abs Damaris</div>	<div>28</div> <div>6:00am - Bootcamp Mike</div> <div>7:30am - Power Barre ☼ Jonathan</div> <div>9:30am - Cardio Blast Christine</div> <div>9:30am - Fit &amp; Spin Damaris</div> <div>5:00pm - Core Control Christine</div> <div>6:00pm - HIIT TRX &amp; Core Kelly</div>	<div>29</div> <div>5:30am - Spin 0 Mary (45min)</div> <div>6:00am - S,C,F with TRX "T"</div> <div>8:30am - Body Basics Sherry</div> <div>9:30am - Bust Butt BC Christine</div> <div>9:30am - Spin Jen</div> <div>10:30am - Barre &amp; Balance Christine (30min)</div> <div>10:30am - Iron Pump Mike (45min)</div> <div>5:00pm - Dance Fitness Missy</div> <div>5:00pm - Fit &amp; Spin Kathy</div> <div>6:00pm - Iron Pump Jonathan</div>	<div>30</div> <div>6:00am - Fit &amp; Spin ☼ Mike L</div> <div>6:00am - Bootcamp Christine</div> <div>8:30am - Yoga Kelly (downstairs)</div> <div>9:30am - HIIT Core &amp; More Kelly</div> <div>9:30am - Fit &amp; Spin Christine</div>	<div>31</div> <div>8:00am - Bootcamp Christine</div> <div>8:00am - Barre/Sculpt Kelly (Upstairs)</div> <div>9:00am - Spin Jen</div> <div>9:00am - Iron Pump Plus Jim</div> <div>10:15am - Dance Fitness Damaris</div>