

July 2025 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	2 9:30a Core Conditioning 10:30a Fitness 101	3 7:25a Strength 8:30a Strength	4 No group fitness. Happy 4th of July!	5 9a Pietra Fitness 10:15a Core Conditioning
6	7 8:30a Strength 9:30a Strength 5:30p Fitness 101	8 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	9 9:30a Core Conditioning 10:30a Fitness 101	10 7:25a Strength 8:30a Strength 5:30p Fitness 101	11 8:30a Flexibility 10:30a Fitness 101	12 9a Pietra Fitness 10:15a Core Conditioning
13	14 8:30a Strength 9:30a Strength 5:30p Fitness 101	15 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	16 9:30a Core Conditioning 10:30a Fitness 101	17 7:25a Strength 8:30a Strength 5:30p Fitness 101	18 8:30a Flexibility 10:30a Fitness 101	19 9a Pietra Fitness 10:15a Core Conditioning
20	21 8:30a Strength 9:30a Strength 5:30p Fitness 101	22 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	23 9:30a Core Conditioning 10:30a Fitness 101	24 7:25a Strength 8:30a Strength 5:30p Fitness 101	25 8:30a Flexibility 10:30a Fitness 101	26 9a Pietra Fitness 10:15a Core Conditioning
27	28 8:30a Strength 9:30a Strength 5:30p Fitness 101	29 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	30 9:30a Core Conditioning 10:30a Fitness 101	31 7:25a Strength 8:30a Strength 5:30p Fitness 101		

July 2025 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:30a Pilates 1 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 2 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	8:30a Pilates 3 9:30a Pilates 10:30a Pilates 11:20a Pilates	4 No semi-privates. Happy 4th of July!	5 8:25a Pilates 9:15a Pilates
6	6:30a Pilates 7 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 8 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 9 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	9:30a Pilates 10 10:30a Pilates 4:30p Strength 4:45p Pilates	5:40a Strength 11 6:30a Strength 6:30a Pilates 9:30a Pilates 11:15a Pilates	12 8:25a Pilates 9:15a Pilates
13	9:30a Pilates 14 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 15 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 16 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	9:30a Pilates 17 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 18 6:30a Strength 9:30a Pilates 11:15a Pilates	19 9:15a Pilates 10:10a Pilates
20	6:30a Pilates 21 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 22 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 23 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	9:30a Pilates 24 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 25 6:30a Strength 9:30a Pilates 11:15a Pilates	26 8:25a Pilates 9:15a Pilates
27	6:30a Pilates 28 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 29 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 30 6:30a Strength 7:45a/8:35a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	9:30a Pilates 31 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates		