



July

Saturday Class Instructor Schedule

	Group Power	Cardio Sculpt	Pilates/ Yoga	Spinning
<i>Class Times/Dates</i>	<i>7:00-8:00am (Gym)</i>	<i>8:15 – 9:15am (Bayview)</i>	<i>9:30-10:30am (Bayview)</i>	<i>8:15-9:15 am (Spin Room)</i>
<i>July 1st</i>	Diana	Dawn	Ruth (Pilates)	Lisa
<i>July 8th</i>	Diana	Veronica	Veronica (Pilates)	Colleen
<i>July 15th</i>	Diana	Veronica	Ruth (Pilates)	Jeanette
<i>July 22nd</i>	Diana	Rebecca	Hannah (Yoga)	Adrina
<i>July 29th</i>	Diana	Rebecca	Hannah (Yoga)	Colleen

