

# Group Fitness



## JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a - Spin Tricia	5:15a - Yoga Myah	5:15a - Power Waves Julie	5:15a - Spin Tricia	(6/3)	8:00a - Body Pump Bob
8:00a - TRX & Tabata SueAnn	8:00a - Body Pump SueAnn	8:00a - F.I.T. Outside (weather permitting) Tricia/Myah	8:00a - Body Pump SueAnn	8:00a - Cardio & Tone Angelina	9:15a - RPM Allen (6/4)
9:00a - Pilates Angelina	9:15a - Yoga Myah (6/14 & 6/28)	9:00a - Body Flow *Virtual*	9:15a - Yoga Fit Myah	(6/10)	Amanda (6/11 & 6/25)
9:00a - Aqua Fit Tracy	Jamie (6/7 & 6/21)	9:00a - Aqua Fit Tracy	12:15p - Body Combat *Virtual*	8:00a - HIIT Angelina	Tonja (6/18)
10:15a - Strong Seniors Tracy	9:00a - Aqua Fit Julie	10:15a - Strong Seniors Tracy	4:30p - RPM *Virtual*	(6/17)	10:00a - RPM *Virtual*
12:15p - Spin Allen	12:15p - Body Pump *Virtual*	12:15p - RPM Tonja	5:30p - Body Pump Tonja	8:00a - Core & Cardio Angelina	10:00a - Body Pump *Virtual*
4:30p - Dance Fitness Myah	5:30p - RPM Tonja	4:30p - Body Combat *Virtual*	5:30p - RPM *Virtual*	(6/24)	1:00p - RPM *Virtual*
5:30p - Body Pump Bob	6:15p - Yoga Jamie (6/7 & 6/21)	5:30p - SPRINT *Virtual*	6:30p - SPRINT *Virtual*	8:00a - Boot Camp Angelina	1:00p - Body Pump *Virtual*
5:30p - RPM *Virtual*	Leigh-Ann (6/14 & 6/28)	5:30p - Body Pump *Virtual*	6:30p - SPRINT *Virtual*	9:00a - Aqua Fit Julie	3:00p - Body Combat *Virtual*
6:45p - Body Flow *Virtual*	7:00p - RPM *Virtual*	6:30p - SPRINT *Virtual*	6:45p - Body Flow *Virtual*	9:00a - Yoga Tami/Myah	5:00p - Body Flow *Virtual*
7:00p - RPM *Virtual*		7:00p - Body Flow *Virtual*		5:00p - Body Flow *Virtual*	
7:30p - Body Combat *Virtual*				5:30p - RPM *Virtual*	
<b>Sunday</b>					
2:00p - RPM *Virtual*					
3:00p - Body Pump *Virtual*					
4:00p - Body Flow *Virtual*					

### June Group Fitness Events:

Sunrise Yoga Session: June 21

