

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5:30 PM Kickboxing w/ Loretta 6:30 PM Zumba w/Angie	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5:15 PM Cardio HIIT w/Lisa	9 AM Zumba Gold w/ Tina 5:15 PM Cardio HIIT w/ Lisa 6 PM Strong by Zumba w/ Kathy	Independence Day	9 AM Zumba Gold w/ Tina 5:30 PM Strong by Zumba w/ Kathy 6:30 PM Zumba w/ Savanna	8 AM Kettlebell AMPD w/ Loretta 9 AM Zumba and AMPD Resistance w/ Kathy
7	8	9	10	11	12	13
	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5:30 PM Kickboxing w/ Loretta 6:30 PM Zumba w/Angie	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5: 15 PM Cardio HIIT w/ Lisa 6 PM Indoor Cycling with Loretta	9 AM Zumba Gold w/ Tina 5:15 PM Cardio HIIT w/ Lisa 6 PM Strong by Zumba w/ Kathy	9 AM Zumba Gold w/ Tina 5:15 PM Cardio HIIT w/ Lisa 6 pm Kettlebell AMPD w/Loretta	9 AM Zumba Gold w/ Tina 5:30 PM Strong by Zumba w/ Kathy 6:30 PM Zumba w/ Savanna	8 AM Indoor Cycling w/Loretta 9 AM Zumba and AMPD Resistance w/ Kathy
14	15	16	17	18	19	20
	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5:30 PM Kickboxing w/ Loretta 6:30 PM Zumba w/Angie	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5: 15 PM Cardio HIIT w/ Lisa 6 PM Indoor Cycling with Loretta/Chloe	9 AM Zumba Gold w/ Tina 5:15 PM Cardio HIIT w/ Lisa 6 PM Strong by Zumba w/ Kathy	9 AM Zumba Gold w/ Tina 5:15 PM Cardio HIIT w/ Lisa 6 pm Kettlebell AMPD w/Loretta	9 AM Zumba Gold w/ Tina 5:30 PM Strong by Zumba w/ Kathy 6:30 PM Zumba w/ LaCaysha	8 AM Indoor Cycling w/Loretta 9 AM Zumba and AMPD Resistance w/ Kathy
21	22	23	24	25	26	27
	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5:30 PM Kickboxing w/ Loretta 6:30 PM Zumba w/Angie	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5: 15 PM Cardio HIIT w/ Lisa 6 PM Indoor Cycling with Loretta	9 AM Zumba Gold w/ Tina 5:15 PM Cardio HIIT w/ Lisa 6 PM Strong by Zumba w/ Kathy	9 AM Zumba Gold w/ Tina 5:15 PM Cardio HIIT w/ Lisa 6 pm Kettlebell AMPD w/Loretta	9 AM Zumba Gold w/ Tina 5:30 PM Strong by Zumba w/ Kathy 6:30 PM Zumba w/ LaCaysha	8 AM Indoor Cycling w/Loretta 9 AM Zumba and AMPD Resistance w/ Kathy
28	29	30	31	1	2	3
	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5:30 PM Kickboxing w/ Loretta 6:30 PM Zumba w/Angie	9 AM Silver Sneakers/AMPD Unplugged w/ Tina 5: 15 PM Cardio HIIT w/ Lisa 6 PM Indoor Cycling with Loretta/Chloe	9 AM Zumba Gold w/ Tina 5:15 PM Cardio HIIT w/ Lisa 6 PM Strong by Zumba w/ Kathy			