



August

GROUP FITNESS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



This fitness schedule is subject to change.

2 0800 Spin & Core 45 mins - Megan D.	3 0930 Stroller Fitness - Megan L. (Halsey) 1700 Zumba - Kaye 1800 Functional Fitness - Megan L. (Halsey)	4 0830 Spin - James 1630 Spin & Core 45 min - Megan D. 1730 Lift HIIT - Savannah	5 0700 Lift HIIT - Savannah 0930 Stroller Fitness - Megan L. (Halsey) 1200 Yoga - Yuko 1630 Spin 45 mins - James 1730 MixxedFit - Kayla 1800 Functional Fitness - Megan L. (Halsey)	6 0830 Spin - James 1630 Spin 45 min - James	7 1000 Pilates - Ikue 1200 Zumba - Kaye	8
9	10 1700 Zumba - Kaye	11 0830 Spin - James 1630 Spin & Core 45 min - Megan D. 1730 Lift HIIT - Savannah	12 0700 Lift HIIT - Savannah 1200 Yoga - Yuko 1630 Spin 45 min - James 1730 MixxedFit - Kayla	13 0830 Spin - James 1630 Spin 45 min - James 1730 Lift HIIT - Rebecca	14 1000 Pilates - Ikue 1200 Zumba - Kaye 1730 Lift HIIT - Rebecca	15 0815 Yoga - Elizabeth
16 0800 Spin & Core 45 mins - Megan D.	17 1700 Zumba - Kaye	18 0830 Spin - James 1630 Spin & Core 45 min - Megan D. 1730 Lift HIIT - Rebecca	19 1200 Yoga - Yuko 1630 Spin 45 min - James 1730 MixxedFit - Kayla	20 0830 Spin - James 1630 Spin 45 min - James 1730 Lift HIIT - Rebecca	21 0930 Stroller Fitness - Megan L. (Halsey) 1000 Pilates - Ikue 1200 Zumba - Kaye 1730 Lift HIIT - Rebecca	22 0815 Yoga - Elizabeth
23 0800 Spin & Core 45 mins - Megan D.	24 0930 Stroller Fitness - Megan L. (Halsey) 1700 Zumba - Kaye 1800 Functional Fitness - Megan L. (Halsey)	25 0830 Spin - James 1630 Spin & Core 45 min - Megan D. 1730 Lift HIIT - Rebecca	26 0930 Stroller Fitness - Megan L. (Halsey) 1630 Spin 45 mins - James 1730 MixxedFit - Kayla 1800 Functional Fitness - Megan L. (Halsey)	27 0830 Spin - James 1630 Spin 45 min - James 1730 Lift HIIT - Rebecca	28 0930 Stroller Fitness - Megan L. (Halsey) 1000 Pilates - Ikue 1200 Zumba - Kaye 1730 Lift HIIT - Rebecca	29 0815 Yoga - Elizabeth

30 0800 Spin & Core 45 mins - Megan D.	31 0930 Stroller Fitness - Megan L. (Halsey) 1700 Zumba - Kaye 1800 Functional Fitness - Megan L. (Halsey)
--	---

STAY COOL WHILE STAYING FIT!

1. Exercise early or late
2. Lower your intensity
3. Take frequent breaks
4. Hydrate before you're thirsty
5. Wear lightweight clothing
6. Choose shaded or indoor options

Listen
to your
BODY!

