



# 4<sup>th</sup> of July

## Revised Group Fitness Schedule

### Monday, July 1<sup>st</sup>

Regular schedule

\*Terrill will be teaching Carol's Zumba Gold class 5:30pm for 45 min

### Tuesday, July 2<sup>nd</sup>

Regular schedule

\*Terrill will be teaching Carol's Zumba Gold class 10:30am

**EXCEPTION: NO 5:30AM PILATES**

### Wednesday, July 3<sup>rd</sup>

Regular schedule

\*Emily will be teaching 4:15pm Pump with the video

\*Emily will be teaching 5:30pm Combat with the video

**EXCEPTION: NO 5:30AM PILATES**

**NO 8:15AM PILATES**

**NO 12:15PM TRX**

**NO 5:30PM SPRINT**

**NO 6:15PM DRUMS ALIVE**

### Thursday, July 4<sup>th</sup> - YMCA CLOSED... Enjoy the 4<sup>th</sup> of July!!

### Friday, July 5<sup>th</sup>

Regular Schedule

\*Erin is teaching Sprint for Terrill at 8:15am

\*Emily will be teaching 9:00am Combat with the video

\*Emily will be teaching 11:00am Body Pump with the video

\*Emily will be teaching 12:10pm Combat with the video

**EXCEPTIONS: NO 5:45AM SPRINT**

**NO 8:45AM DRUMS ALIVE**

### Saturday, July 6<sup>th</sup>

Regular Schedule

\*Emily is doing 7:15am GRIT with the video

\*Emily is doing 8:00am Combat with the video

### Sunday, July 7<sup>th</sup>

Regular Schedule

