

# Summer 2024 Group Fitness Schedule

## Summer Session Dates:

**Session 1: July 2 – July 29 2024**

**Session 2: July 30 – August 26, 2024**

**(No classes: July 1 and August 5, 2024)**

Your Fitness Pass allows you to take as many classes as you like throughout the session.

\*Class formats are subject to change based on instructor availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Cardio FIT</b> 9:00am-10:00am Krista (Hall A)</p>	<p><b>Cardio FIT</b> 9:00am-10:00am Joanna (Hall A)</p>	<p><b>Strength FIT</b> 9:00am-10:00am Krista (Hall A)</p>	<p><b>Zumba Toning</b> 9:00am-10:00am Judy K. (Hall A)</p>	<p><b>Zumba</b> 9:00am-10:00am Judy K. (July)/ Diane (August) (Hall A)</p>
<p><b>Cardio GOLD</b> 10:15am-11:15am Krista (Hall A)</p>	<p><b>Stretch and Strength (JULY only)</b> 10:15am-11:15am Yuri (Hall A)</p>	<p><b>Strength &amp; Balance</b> 10:15am – 11:15am Krista (Hall A)</p>		<p><b>Zumba GOLD</b> 10:15am – 11:15am Judy K. (Hall A)</p>
<p><b>Interval FIT Mix</b> 6:00pm – 7:00pm Lindsay (Gym)</p>	<p><b>Strength FIT</b> 6:00pm – 7:00pm Nikki (Gym)</p>		<p><b>Step Aerobics</b> 6:00pm – 7:00pm Krista (Gym)</p>	