

# Great Room



Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>7:00am</b>	Chisel <b>Shelley</b>	MRT <b>Eddie</b>	Chisel <b>Shelley</b>	New Year New You <b>Jesse</b>	Chisel <b>Shelley</b>	
<b>8:15am</b>	Senior-cise <b>Sonja</b>	Total Body Pilates <b>Angie</b>	Yoga <b>Angie</b>	Total Body Pilates <b>Angie</b>	Line Dance <b>Jan</b>	
<b>9:30am</b>	Zumba <b>Candy</b>	Gentle Yoga <b>Debbie</b>	Zumba <b>Candy</b>	Gentle Yoga <b>Debbie</b>	Senior-cise <b>Anita</b>	Senior Sneakers <b>Anita</b>
<b>10:45am</b>	Yoga <b>Sonja</b>	Beginner Line Dance <b>Jan</b>	Line Dance <b>Jan</b>	Classic Mat Pilates <b>Debbie</b>	Intermediate Yoga <b>Jill</b>	Flow Yoga <b>Jill</b>
<b>12:00pm</b>	Chair Exercises <b>Mary Ann</b>	Zumba <b>Melanie</b>	Dumbbell Sweat <b>Mary Ann</b>	Zumba <b>Mary Ann</b>	Zumba <b>Melanie</b>	SOCIAL MEMBER & GUEST PAYMENT OPTIONS  \$125 per month Unlimited Classes  Punch Card: \$75 5 Classes Expires After 90 Days  Drop In: \$20
<b>1:15pm</b>	Stretch Balance <b>Mary Ann</b>	Barre 360 <b>Melanie/Candy</b>	Stretch Balance <b>Mary Ann</b>	Stretch Balance <b>Mary Ann</b>	Barre 360 <b>Melanie/Candy</b>	
<b>2:30pm</b>	Tai Chi Beginner <b>REGISTRATION CLOSED</b> <b>Zai</b>			MRT <b>Eddie</b>	Tai Chi Beginner <b>REGISTRATION CLOSED</b> <b>Zai</b>	
<b>3:45pm</b>	Tai Chi Intermediate <b>Zai</b>	Tai Chi <b>OPEN PRACTICE</b>			Tai Chi Intermediate <b>Zai</b>	
<b>5:00pm</b>	Meditation & Stretching <b>Jill</b>	Flow Yoga <b>Jill</b>		Meditation & Stretching <b>Jill</b>		

## Water Aerobics

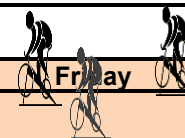
Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00am</b>	Water Aerobics YACHT CLUB <b>Melanie</b>	Water Aerobics COUNTRY CLUB <b>Deb</b>	Water Aerobics COUNTRY CLUB <b>Deb</b>	Water Aerobics COUNTRY CLUB <b>Melanie</b>	Water Aerobics COUNTRY CLUB <b>Anita</b>	Water Aerobics COUNTRY CLUB <b>Anita</b>

## Flex Room



Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00am</b>	New Year New You <b>Jesse</b>					
<b>8:00am</b>	TRX, Stretch & Foam Rolling <b>Jesse</b>			TRX, Stretch & Foam Rolling <b>Jesse</b>		

## Spinning Room



Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00pm</b>	Spinning will return in the Fall. Have a great Summer!!!					

# Week of July 9-11

Class Time	Tuesday 7/11	Wednesday 7/12	Thursday 7/13	Friday 7/14
<b><u>10:45am</u></b>	Beg. Line Dance <b>CANCELLED</b> Jan	Line Dance YACHT CLUB Jan	Classic Mat Pilates GYM Debbie	Intermediate Yoga YACHT CLUB Jill
<b><u>12:00pm</u></b>	Zumba <b>CANCELLED</b> Melanie	Dumbbell Sweat GYM Mary Ann	Zumba YACHT CLUB Mary Ann	Zumba YACHT CLUB Melanie
<b><u>1:15pm</u></b>	Barre 360 <b>CANCELLED</b> Melanie/Candy	Stretch Balance GYM Mary Ann	Stretch Balance GYM Mary Ann	Barre 360 YACHT CLUB Melanie/Candy
<b><u>2:30pm</u></b>			M.R.T. GYM Eddie	Tai Chi Beginner YACHT CLUB Zai
<b><u>3:45pm</u></b>	Tai Chi <b>CANCELLED</b> <b>OPEN PRACTICE</b>			Tai Chi Intermediate YACHT CLUB Zai

While Kamp Bentwater is utilizing our Group Fitness Room the classes affected have been relocated or cancelled.

Please refer to the schedule on the left to determine where your class will meet on the days shown.

## Yoga Techniques & Skills Workshop

Saturday, July 26th 12pm-1:30pm

\$40 per person

Sign-up at the Fitness Center Front Desk

Join instructor Jill Arthur as she walks you through the skills and techniques needed to get the most out of your Yoga classes. This small group setting ensures that all your questions and concerns will be addressed.

Space is limited, so sign-up today.

## New Beginners Tai Chi Starting in August

Sign-Up today at the Fitness Center Front Desk for our new session of Beginners Tai Chi starting in August. This is a 12-Week Course and requires purchasing the class t-shirt (\$20).

Space is very limited, so please contact the Front Desk at the Fitness Center if you are interested.

936-597-2260x2.