



# GROUP FITNESS SUMMER 2024 - JUNE 24-JULY 21

Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26	Saturday June 27	Sunday June 28	
6:00 Group Ride Natalie p – M&M	6:00 Group Power Terry - GYM	6:00 Group Ride Terry – M&M	9:00 Group Blast Terry – M&M	6:00 Cycle Fit Annette – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	
8:00 Yin Yoga Mary – M&M	9:00 Group Active Terry - M&M	9:00 Tabata Joan - GYM	10:30 Gentle Fit Candace - GYM	9:00 Group Centergy Linda – M&M	10:15 Group Blast Terry - M&M	4:00 Zumba Toning Joanne – M&M	
9:00 Tabata Barbell Joan - GYM	10:30 Gentle Fit Fran -GYM	10:30 Morning Fit Candace - GYM	10:30 Stationary Circuit Fran – M&M	9:00 Zumba Melissa - GYM	11:45 Slow Flow Yoga Jenny – M&M	6:00 – 7:15PM Stretch & Flow Yoga Laura Lee – M&M	
9:15 Group Centergy Sheila – M&M	10:30 Yoga Basics Shirley – M&M	11:00 – 11:50 Cycle Fit Larry – M&M	12:05 Group Power John - GYM	10:30 Morning Fit Fran - GYM	<div style="text-align: center;"> <h2>WEEK ONE</h2>  </div>		
10:30 Morning Fit Susan - GYM	12:05 Group Power John - GYM	12:05 HIIT Circuit Annette - GYM	12:05 Strength & Conditioning Nadia – M&M	12:05 Tabata Fran - GYM			
12:05 Strength & Mobility Jan – GYM	12:05 Strength & Conditioning Nadia – M&M	12:10 Vinyasa Slow Flow Wendy– M&M	5:15 Group Power Annette – M&M				
5:15 Kripalu Yoga Flow Betsy – M&M	5:15 Group Blast Erin – M&M	5:15 Group Active Erin - M&M					
6:30 Cardio Strength Fusion Candace – M&M		6:30 Zumba Nicole – M&M					
Monday June 29	Tuesday June 30	Wednesday July 1	Thursday July 2	Friday July 3	Saturday July 4	Sunday July 5	
8:00 Yin Yoga Mary – M&M	6:00 Group Power Terry – GYM <b>NEW RELEASE!</b>	<div style="text-align: center;"> <h2>HAPPY CANADA DAY!</h2>  </div>		9:00 Group Blast Terry & Erin – M&M <b>NEW RELEASE!</b>	6:00 Cycle Fit Annette – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M
9:00 Tabata Fran - GYM	9:00 Group Active Terry - M&M			10:30 Gentle Fit Candace- GYM	9:00 Group Centergy Linda – M&M	10:15 Group Blast Erin - M&M	6:00 – 7:15PM Stretch & Flow Yoga Laura Lee – M&M
9:15 Group Centergy Sheila & Terry– M&M <b>NEW RELEASE!</b>	10:30 Gentle Fit Fran -GYM			10:30 Stationary Circuit Fran – M&M	9:00 Zumba Melissa - GYM	11:45 Slow Flow Yoga Jenny – M&M	
10:30 Morning Fit Susan - GYM	10:30 Yoga Basics Shirley – M&M			12:05 Group Power John - GYM	10:30 Morning Fit Fran - GYM		
12:05 Strength & Mobility Jan – GYM	12:05 Group Power John – GYM <b>NEW RELEASE!</b>			12:05 Strength & Conditioning Nadia – M&M	12:05 Chair Yoga Susan – M&M		
5:15 Kripalu Yoga Flow Betsy – M&M	12:05 Strength & Conditioning Nadia – M&M			5:15 Group Power Annette – M&M	12:05 Tabata Fran - GYM		
6:30 Cardio Strength Fusion Candace – M&M	5:15 Group Blast Erin – M&M				12:05 Flow Yoga Jenny – M&M		
	6:30 Slow Flow Yoga Jenny – M&M						
					<div style="text-align: center;"> <h2>WEEK TWO</h2>  </div>		

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Monday July 6	Tuesday July 7	Wednesday July 8	Thursday July 9	Friday July 10	Saturday July 11	Sunday July 12
6:00 Group Ride Natalie p – M&M	6:00 Group Power Annette - GYM	6:00 Group Ride Natalie – M&M	6:00 Group Power Natalie p - GYM	6:00 Cycle Fit Annette – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M
8:00 Yin Yoga Mary – M&M	9:00 Group Active Erin - M&M	9:00 Tabata Joan - GYM	9:00 Group Blast Erin– M&M	9:00 Group Centergy Linda – M&M	11:45 Slow Flow Yoga Jenny – M&M	10:30 HIIT & Strength Mackenzie – M&M
9:00 Tabata Barbell Joan - GYM	10:30 Gentle Fit Fran -GYM	10:30 Morning Fit Candace - GYM	10:30 Gentle Fit Candace - GYM	9:00 Zumba Melissa - GYM		6:00 – 7:15PM Stretch & Flow Yoga Laura Lee – M&M
9:15 Group Centergy Sheila – M&M	10:30 Yoga Basics Shirley – M&M	11:00 – 11:50 Cycle Fit Larry – M&M	10:30 Stationary Circuit Fran – M&M	10:30 Morning Fit Fran - GYM	<h2>WEEK THREE</h2> 	
10:30 Morning Fit Susan - GYM	12:05 Group Power John - GYM	12:05 HIIT Circuit Annette - GYM	12:05 Group Power John - GYM	10:30 Chair Yoga Susan – M&M		
12:05 Strength & Mobility Jan – GYM	12:05 Strength & Conditioning Nadia – M&M	12:10 Vinyasa Slow Flow Wendy– M&M	12:05 Strength & Conditioning Nadia – M&M	12:05 Tabata Fran - GYM		
5:15 Kripalu Yoga Flow Betsy – M&M	5:15 Group Blast Erin – M&M	5:15 Group Active Erin - M&M	5:15 Group Power Annette – M&M	12:05 Flow Yoga Jenny – M&M		
6:30 Cardio Strength Fusion Candace – M&M	5:15 Group Power Natalie - GYM	6:30 Zumba Nicole – M&M				
	6:30 Slow Flow Yoga Jenny – M&M					
Monday July 13	Tuesday July 14	Wednesday July 15	Thursday July 16	Friday July 17	Saturday July 18	Sunday July 19
6:00 Group Ride Natalie p – M&M	6:00 Group Power Annette - GYM	6:00 Group Ride Natalie – M&M	6:00 Group Power Natalie p - GYM	6:00 Cycle Fit Annette – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M
8:00 Yin Yoga Mary – M&M	9:00 Group Active Erin - M&M	9:00 Tabata Joan - GYM	9:00 Group Blast Erin– M&M	9:00 Group Centergy Linda – M&M	11:45 Slow Flow Yoga Jenny – M&M	10:30 HIIT & Strength Mackenzie – M&M
9:00 Tabata Barbell Joan - GYM	10:30 Gentle Fit Candace -GYM	10:30 Morning Fit Candace - GYM	10:30 Gentle Fit Candace - GYM	9:00 Zumba Melissa - GYM		6:00 – 7:15PM Stretch & Flow Yoga Laura Lee – M&M
9:15 Group Centergy Sheila – M&M	10:30 Yoga Basics Shirley – M&M	11:00 – 11:50 Cycle Fit Larry – M&M	10:30 Stationary Circuit Fran – M&M	10:30 Morning Fit Fran - GYM	<h2>WEEK FOUR</h2> 	
10:30 Morning Fit Fran - GYM	12:05 Group Power John - GYM	12:05 HIIT Circuit Annette - GYM	12:05 Group Power John - GYM	12:05 Tabata Fran - GYM		
12:05 Strength & Mobility Jan – GYM	12:05 Strength & Conditioning Nadia – M&M	12:10 Vinyasa Slow Flow Wendy– M&M	12:05 Strength & Conditioning Nadia – M&M	12:05 Flow Yoga Jenny – M&M		
5:15 Kripalu Yoga Flow Betsy – M&M	5:15 Group Blast Erin – M&M	5:15 Group Active Erin - M&M	5:15 Group Power Annette – M&M			
6:30 Cardio Strength Fusion Candace – M&M	5:15 Group Power Natalie - GYM	6:30 Zumba Nicole – M&M				
	6:30 Slow Flow Yoga Jenny – M&M					