

# AUGUST GROUP FITNESS SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01

Cardio Fit  
6-7pm

02

03

Yoga 6-7pm  
Step Interval  
6-7pm

04

Strength &  
Tone 6-7pm

05

06

07

08

Cardio Fit  
6-7pm

09

10

Yoga 6-7pm  
Step Interval  
6-7pm

11

Strength &  
Tone 6-7pm

12

13

14

15

Cardio Fit  
6-7pm

16

17

Yoga 6-7pm  
Step Interval  
6-7pm

18

Strength &  
Tone 6-7pm

19

20

21

22

Cardio Fit  
6-7pm

23

24

Yoga 6-7pm  
Step Interval  
6-7pm

25

Strength &  
Tone 6-7pm

26

27

28

29

Cardio Fit  
6-7pm

30

31

Yoga 6-7pm  
Step Interval  
6-7pm

Instructor: Heather Mooney.

Instructor: Glenda Washburn