



JULY Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	THEME CLASS			1 9:00a XIT Morgan	2 9:00a Cardio Unlimited Emily 9:45a Core Blast Emily 11:00a Joint Works LeAnne C.	3 9:30a Bootcamp Ashley
				Happy Canada Day Center Closed @ 4pm	No Crank'd Today	
4 8:15a Crank'd Ashley 9:30a CS Power Erika	5 8:00a Move It Dan 9:00a Strength Core Flow Trish 11:00a Joint Works LeAnne C. 12:15p Cardio Xpress Jeanie 5:30p Crank'd n'Core Salena	6 9:00a On the Move Trish 9:00a Cardio Explosion Morgan 10:05a SBF Trish 5:30p LOADED Ashley 6:30p Bootcamp Ashley	7 9:00a Step and Core Michele 11:00a Joint Works Trish 5:30p XIT Ashley	8 9:00a On the Move LeAnne C. 9:00a XIT Morgan 10:05a SBF Jenn 5:30p Step Bosu Switch Emily	9 9:00a Cardio Unlimited Michele 9:45a Core Blast Michele 11:00a Joint Works LeAnne C. 12:15p Crank'd Elaine	10 9:30a Bootcamp Jada
11 8:15a Crank'd Leanne A. 9:30a CS Power Leanne A.	12 8:00a Move It Dan 9:00a Strength Core Flow Trish 11:00a Joint Works LeAnne C. 12:15p Cardio Xpress Jeanie 5:30p Crank'd n'Core Morgan	13 9:00a On the Move Trish 9:00a Cardio Explosion Morgan 10:05a SBF Trish 5:30p LOADED Ashley 6:30p Bootcamp Ashley	14 9:00a Stampede Step Michele 11:00a Joint Works Trish 5:30p XIT Jada	15 9:00a On the Move LeAnne C. 9:00a XIT Morgan 10:05a SBF Jenn 5:30p Step Bosu Switch Emily	16 9:00a Cardio Unlimited Michele 9:45a Core Blast Michele 11:00a Joint Works LeAnne C. 12:15p Crank'd Elaine	17 9:30a Bootcamp Lana
18 8:15a Crank'd Salena 9:30a CS Power Kim	19 8:00a Move It Dan 9:00a Strength Core Flow Trish 11:00a Joint Works LeAnne C. 12:15p Cardio Xpress Jeanie 5:30p Crank'd n'Core Salena	20 9:00a On the Move Trish 9:00a Cardio Explosion Morgan 10:05a SBF Trish 5:30p LOADED Ashley 6:30p Bootcamp Ashley	21 9:00a Step and Core Michele 11:00a Joint Works Trish 5:30p XIT Ashley	22 9:00a On the Move Leanne C. 9:00a XIT Jess 10:05a SBF Jenn 5:30p Step Bosu Switch Emily	23 9:00a Cardio Unlimited Michele 9:45a Core Blast Michele 11:00a Joint Works LeAnne C. 12:15p Crank'd Elaine	24 9:30a Bootcamp Ashley
25 8:15a Crank'd Ashley 9:30a CS Power Erika	26 8:00a Move It Dan 9:00a Strength Core Flow Trish 11:00a Joint Works LeAnne C. 12:15p Cardio Xpress Jeanie 5:30p Crank'd n'Core Morgan	27 9:00a On the Move Trish 9:00a Cardio Explosion Morgan 10:05a SBF Trish 5:30p LOADED Ashley 6:30p Bootcamp Ashley	28 9:00a Met Explosion Michele 11:00a Joint Works Trish 5:30p XIT Jada	29 9:00a On the Move Leanne C. 9:00a XIT Morgan 10:05a SBF Emily 5:30p Step Bosu Switch Emily	30 9:00a Cardio Unlimited Emily 9:45a Core Blast Emily 11:00a Joint Works LeAnne C. 12:15p Crank'd Elaine	31 9:30a Bootcamp Leanne A.

Schedule Subject To Change- Please Check At The JCC