



Campanelli YMCA GROUP EXERCISE FITNESS SCHEDULE

4TH OF JULY WEEK: JULY 1 - JULY 7

**The following classes will run the week of July 1 - 7.
All classes not listed are cancelled.**

SUNDAY, JULY 1			
Time	Class	Instructor	Location
8:30 - 9:00 am	X-Press	Atije	Studio 1
8:30 - 9:30 am	Vinyasa Yoga	Amy	Studio 2

THURSDAY, JULY 5			
Time	Class	Instructor	Location
7:30 - 8:00 am	Morning Madness	Kathy	Studio 2
8:15 - 8:45 am	Tai Chi	Kathy	Studio 2
9:30 - 10:15 am	SS Circuit	Kathy	Studio 2
10:25 - 11:05 am	SS Classic	Kathy	Studio 2
5:30 - 6:15 pm	Spin	Tricia	Studio 1

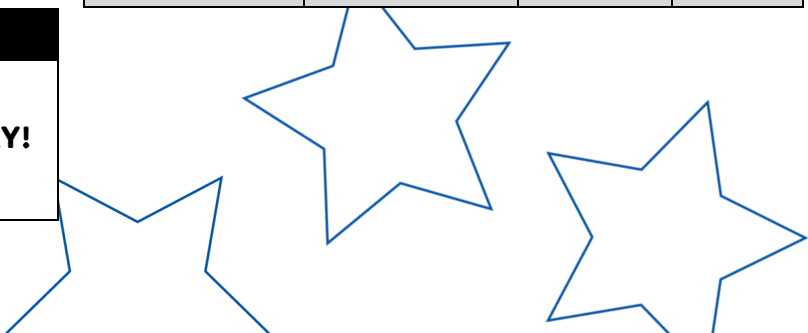
MONDAY, JULY 2			
Time	Class	Instructor	Location
6:30 - 7:30 am	Get Started	Anne	Studio 2
11:15 - 12:15 am	SS Yoga (Waitlist)	Lisa	Studio 2
6:15 - 6:45 pm	Family Yoga**	Diana	Studio 1
6:30 - 7:30 pm	BodyPump/HIIT	Atije	Studio 2
7:00 - 8:00 pm	Yoga	Diana	Studio 1

FRIDAY, JULY 6			
Time	Class	Instructor	Location
6:30 - 7:30 am	Get Started	Anne	Studio 2
9:15 - 10:00 am	Cardio Blitz	Andrea	Studio 2
10:00 - 10:30 am	Core N More	Andrea	Studio 1
6:30 - 7:30 pm	Zumba**	Caryn	Studio 2

TUESDAY, JULY 3			
Time	Class	Instructor	Location
7:30 - 8:00 am	Morning Madness	Kathy	Studio 2
8:15 - 8:45 am	Tai Chi	Kathy	Studio 2
9:30 - 10:15 am	SS Circuit	Kathy	Studio 2
10:25 - 11:05 am	SS Classic	Kathy	Studio 2

SATURDAY, JULY 7			
Time	Class	Instructor	Location
7:10 - 8:10 am	Yoga Mix	Jim	Studio 2
8:15 - 9:00 am	Spin	Jim	Studio 1
9:00 - 10:00 am	BodyPump	Atije	Studio 2

WEDNESDAY, JULY 4			
<p>NO CLASSES HAPPY 4TH OF JULY - HAVE A SAFE HOLIDAY! Building Hours: 7am - 12pm(noon)</p>			



***HIGHLIGHTED BOXES** are PAID PREMIUM classes. Drop-in fees: Members: \$6/per class | Community: \$9/per class. Members can also sign up for the Y's "FitPlus" program for an additional \$20 per adult, per month and take all classes. Please register for classes at the front desk. The Y reserves the right to cancel classes due to low enrollment, and may change instructors when necessary.

****FAMILY CLASSES.** Children are welcome to participate with a parent. Members only.