

## Virtual Fitness Class Schedule

July/August (8 week session beginning July 5th)

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am - 11:50am		Yoga Flow (Rose)			
12:00pm - 12:50pm	Hard Core Express (Kristin) *starts at 12:10pm	Total Body Strength (Stella)	Keep Moving (Stella)	Fifty-Minute Fitness (Stella)	

## Outdoor Fitness Class

July/August (8 week session beginning July 5th)

5:00pm - 5:50pm		Ultimate Outdoor Conditioning (GC)			
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