

# July Group Fitness Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>CYCLE</b> with Genevelyn <i>Cycle Studio</i> 6:00–7:00 am	<b>ENERGY FLOW YOGA</b> with Rosemary <i>KC Mind Body Studio</i> 8:15–9:15 am	<b>CORE YOGA</b> with Ronni 8:00–9:00 am	<b>BODY PUMP</b> with Preston <i>Banks Gym</i> 6:00–7:00 am	<b>CYCLE</b> with Staff <i>Cycle Studio</i> 6:00–7:00 am	<b>PILATES</b> with Carol Ann 8:15–9:00 am	<b>WARRIOR RHYTHM</b> with Laurel 9:15–10:15 am
<b>CORE YOGA</b> with Ronni 8:00–9:00 am	<b>PILATES</b> with Kerry 9:00–9:45 am	<b>BODY COMBAT</b> with Paula 9:15–10:15 am	<b>PILATES PLUS</b> with Kerry <i>KC Mind Body Studio</i> 8:00–8:45 am	<b>PILATES</b> with Dee 8:15–9:00 am	<b>GENTLE YOGA</b> with Carol Ann 9:15–10:15 am	<b>BOOTCAMP</b> with Amy <i>Banks Gym or Outside</i> 10:30–11:30 am
<b>GENTLE YOGA</b> with Carol Ann 9:15–10:15 am	<b>BARRE SCULPT</b> with Kerry <i>KC Mind Body Studio</i> 10:00–10:50 am	<b>BARRE</b> with Rosemary <i>KC Mind Body Studio</i> 9:10–10:00 am	<b>PILATES</b> with Sally 9:00–9:45 am	<b>BARRE</b> with Rosemary <i>KC Mind Body Studio</i> 9:10–10:00 am	<b>CORE</b> with Linda <i>Banks Gym</i> 9:20–9:50 am	<b>ZUMBA GOLD</b> with Jill 10:30–11:30 am
<b>BODY COMBAT</b> with Paula <i>Banks Gym</i> 9:30–10:30 am	<b>FLOW YOGA</b> with Annie 10:00–11:00 am	<b>BODY PUMP</b> with Katie <i>Banks Gym</i> 10:00–11:00 pm	<b>ENERGY FLOW YOGA</b> with Rosemary <i>KC Mind Body Studio</i> 9:00–10:00 am	<b>GENTLE YOGA</b> with Dee 9:15–10:15 am	<b>CYCLE</b> with Joyce G. <i>Cycle Studio</i> 9:20–10:20 am	<b>GENTLE YOGA</b> with Staff 1:00–2:00 pm
<b>CORE</b> with Linda <i>KC Mind Body Studio</i> 9:30–10:00 am	<b>MUSCLE CONDITIONING</b> with Lois <i>Banks Gym</i> 11:00–12:00 pm	<b>PILATES</b> with Karen <i>KC Mind Body Studio</i> 10:15–11:00 am	<b>CYCLE</b> with Joyce G. <i>Cycle Studio</i> 9:20–10:20 am	<b>CYCLE BOOTCAMP</b> with Ashley <i>Cycle Studio</i> 9:30–10:30 am	<b>BODY PUMP</b> with Katie <i>Banks Gym</i> 10:10–11:10 am	<b>FLOW YOGA</b> with Staff 2:15–3:15 pm
<b>FIT &amp; FAB</b> with Lois 10:30–11:30 am	<b>ZUMBA GOLD</b> with Debra <i>Banks Gym</i> 12:30–1:30 pm	<b>FIT &amp; FAB</b> with Lois 10:30–11:30 am	<b>FLOW YOGA</b> with Annie 10:00–11:00 am	<b>BODY PUMP</b> with Jill <i>Banks Gym</i> 10:00–11:00 am	<b>HIP HOP DANCE</b> with KD <i>KC Mind Body Studio</i> 10:30–11:30 am	
<b>BOOTCAMP</b> with Ashley <i>Banks Gym or outside</i> 10:30–11:30 am	<b>SILVER SNEAKERS</b> with Dee 1:30–2:30 pm	<b>MUSCLE CONDITIONING</b> with Lois <i>Banks Gym</i> 11:45am–12:45pm	<b>ZUMBA GOLD</b> with Jill <i>Banks Gym</i> 11:00 am–12:00 pm	<b>ZUMBA GOLD CHAIR</b> with Jill 11:30 am–12 pm	<b>FLOW YOGA</b> with Dione 12:15–1:15 pm	
<b>MUSCLE CONDITIONING</b> with Lois <i>Banks Gym</i> 11:45–12:45pm	<b>PILATES</b> with Carol Ann 5:30–6:15 pm	<b>GENTLE YOGA</b> with Siv 12:15–1:15 pm	<b>GENTLE YOGA</b> with Jill 12:15–1:15 pm	<b>ZUMBA</b> with Jill <i>Banks Gym</i> 12:30–1:30 pm		
<b>CYCLE</b> with Joyce G <i>Cycle Studio</i> 12:15–1:15 pm	<b>ZUMBA</b> with Monica <i>KC Mind Body Studio</i> 5:30–6:30 pm	<b>FAB FUNCTIONAL FITNESS</b> with Lois <i>Banks Gym</i> 1:00–1:45pm	<b>SILVER SNEAKERS</b> with Dee 1:30–2:30 pm	<b>SILVER SNEAKERS</b> with Dee 12:30–1:30 pm		
<b>SILVER SNEAKERS YOGA</b> with Dee 12:30–1:30 pm	<b>GENTLE YOGA</b> with Ronni 6:30–7:30 pm	<b>SILVER SNEAKERS YOGA</b> with Siv 1:30–2:30 pm	<b>MINDFUL YOGA</b> with Ronni <i>KC Mind Body Studio</i> 5:00–6:00 pm			
<b>FAB FUNCTIONAL FITNESS</b> with Lois <i>Banks Gym</i> 1:00–1:45pm		<b>BARRE</b> with Rosemary <i>KC Mind Body Studio</i> 5:30–6:20 pm	<b>BODY PUMP</b> with Becky <i>Banks Gym</i> 6:00–6:45 pm			
<b>SILVER SNEAKERS YOGA</b> with Dee 1:30–2:30 pm		<b>WARRIOR RHYTHM</b> with Laurel 6:00–7:00 pm				
<b>BARRE</b> with Rosemary <i>KC Mind Body Studio</i> 5:30–6:20 pm						
<b>BODYPUMP</b> with Staff <i>Banks Gym</i> 5:30–6:30 pm						
<b>CORE</b> with Linda 5:35–6:05 pm						

NEW CLASS INDICATOR

Small Group Training  
(paid program)  
See printed schedule  
or visit website

Modified Class Schedules  
Friday, July 3 and Saturday, July 4  
JCC hours: 7 AM - 3 PM



View Group Fitness  
schedule + register  
(included with membership)