



# ACTIVITY SCHEDULE

# JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00am-6:00am <b>*RHYTHM &amp; RIDE</b> Lee & Sherri Wilbers Ex. Room Taylor Elliott	5:30am-6:30am <b>PURE STRENGTH</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan	5:00am-6:00am <b>*RHYTHM &amp; RIDE</b> Lee & Sherri Wilbers Ex. Room Taylor Elliott	5:30am-6:30am <b>PURE STRENGTH</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan	5:00am-6:00am <b>*RHYTHM &amp; RIDE</b> Lee & Sherri Wilbers Ex. Room Taylor Elliott	9:00am-10:00am <b>3-2-1 BODY BLAST</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan
	5:15am-6:15am <b>*BOOT CAMP</b> Turf Room Rochelle Duncan	8:00am-9:00am <b>*SB ELITE FITNESS</b> Turf Room Taylor Elliott	5:15am-6:15am <b>*BOOT CAMP</b> Turf Room Rochelle Duncan	8:00am-9:00am <b>*SB ELITE FITNESS</b> Turf Room Taylor Elliott	5:15am-6:15am <b>*BOOT CAMP</b> Turf Room Rochelle Duncan	
	8:00am-9:00am <b>YOGA - LEVEL 1</b> Lee & Sherri Wilbers Ex. Room Lawren Mordica	9:00am-9:45am <b>SILVER SNEAKERS</b> Lee & Sherri Wilbers Ex. Room Donna Wren	8:00am-9:00am <b>*SB ELITE FITNESS</b> Turf Room Taylor Elliott	9:00am-9:45am <b>SILVER SNEAKERS</b> Lee & Sherri Wilbers Ex. Room Donna Wren	8:00am-9:00am <b>YOGA - LEVEL 1</b> Small Group Ex. Room Lawren Mordica	
	9:00am-10:00am <b>TECHNO GYM</b> Fitness Center Taylor Elliott	10:00am-10:45am <b>SILVER SNEAKERS YOGA</b> Lee & Sherri Wilbers Ex. Room Donna Wren	8:00am-9:00am <b>YOGA - LEVEL 2</b> Small Group Ex. Room Lawren Mordica	10:00am-10:45am <b>SILVER SNEAKERS YOGA</b> Lee & Sherri Wilbers Ex. Room Donna Wren	1:00pm-2:30pm <b>*MS PERFORMANCE TRNG</b> Turf Room Victoria Hoover	
	1:00pm-2:30pm <b>*MS PERFORMANCE TRNG</b> Turf Room Victoria Hoover	4:00pm-5:00pm <b>*ELE. PERFORMANCE TRNG</b> Turf Room Victoria Hoover	9:00am-10:00am <b>TECHNO GYM</b> Fitness Center Taylor Elliott	4:00pm-5:00pm <b>*ELE. PERFORMANCE TRNG</b> Turf Room Victoria Hoover	6:00pm-7:30pm <b>*MS SOCCER SKILLZ TRNG</b> Turf Room Josh Pridemore	
	6:00pm-6:30pm <b>TOTAL CORE</b> Lee & Sherri Wilbers Ex. Room Melissa Karotka	6:00pm-7:00pm <b>PURE STRENGTH</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan	10:15am-11:00am <b>SILVER SNEAKERS</b> Lee & Sherri Wilbers Ex. Room Donna Wren	6:00pm-7:00pm <b>PURE STRENGTH</b> Lee & Sherri Wilbers Ex. Room Rochelle Duncan	7:30pm-9:00pm <b>*HS SOCCER SKILLZ TRNG</b> Turf Room Josh Pridemore	
	6:00pm-7:30pm <b>*MS SOCCER SKILLZ TRNG</b> Turf Room Josh Pridemore	7:00pm-8:00pm <b>*SB ELITE FITNESS</b> Turf Room Taylor Elliott	1:00pm-2:30pm <b>*MS PERFORMANCE TRNG</b> Turf Room Victoria Hoover	7:00pm-8:00pm <b>*SB ELITE FITNESS</b> Turf Room Taylor Elliott		
	6:40pm-7:25pm <b>HIIT</b> Lee & Sherri Wilbers Ex. Room Melissa Karotka		6:00pm-6:30pm <b>GLUTES &amp; ABS</b> Lee & Sherri Wilbers Ex. Room Melissa Karotka			
	7:30pm-9:00pm <b>*HS SOCCER SKILLZ TRNG</b> Turf Room Josh Pridemore		7:00pm-8:00pm <b>*SB ELITE FITNESS</b> Turf Room Taylor Elliott			
<p>■ Fitness Center                      ■ Lee &amp; Sherri Wilbers Exercise Room                      ■ Small Group Exercise Room                      ■ Turf Room</p> <p>*Fee based classes. Registration required.</p>						