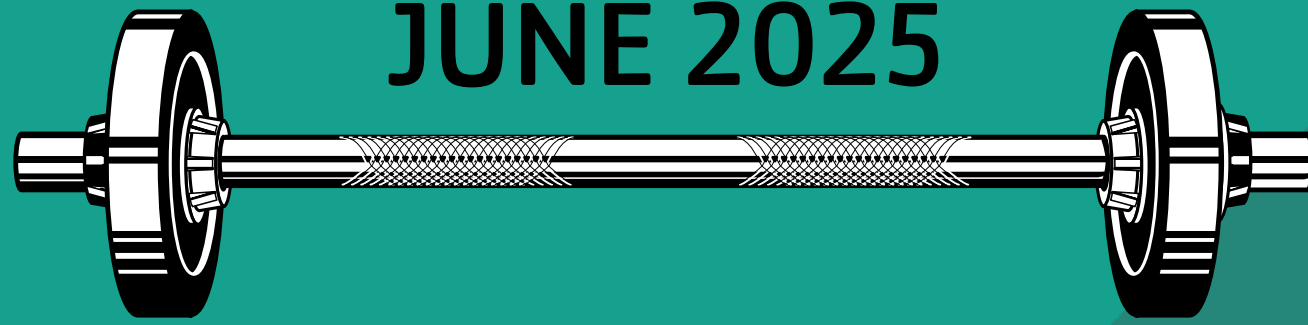




POP UP GROUP EXERCISE CLASSES

JUNE 2025



DATE	TIME	CLASS	DETAILS
MONDAY 6/2	8:30-9:30 AM	BURN BOOTCAMP	COLIN C. - STUDIO B
WEDNESDAY 6/4	2:00-3:00 PM	AQUA PI-YO-CHI	PATRICE L. - POOL ELEMENTS OF PILATES, YOGA AND AI CHI WHILE IN THE WATER!
SUNDAY 6/8	10:00-10:45 AM	DANCE WITH ME: HIP HOP EDITION	YASMEEN - STUDIO A PARENT/CHILD HIP HOP DANCE CLASS
WEDNESDAY 6/11	2:00-3:00 PM	AQUA PI-YO-CHI	PATRICE L. - POOL ELEMENTS OF PILATES, YOGA AND AI CHI WHILE IN THE WATER!
FRIDAY 6/13	5:30-6:15 PM	KARAOKE CYCLE	MICHELLE W. - STUDIO B
SATURDAY 6/14	11:45-12:15 PM	STEP IT LIKE IT'S HOT	KAYLA G.- STUDIO A
SUNDAY 6/15	9:00-9:30 AM	SUNDAY STRETCH	HUNTER D. - STUDIO A
WEDNESDAY 6/18	2:00-3:00 PM	AQUA PI-YO-CHI	PATRICE L. - POOL ELEMENTS OF PILATES, YOGA AND AI CHI WHILE IN THE WATER!
THURSDAY 6/19	11:00-11:30 AM	LITTLE BEATS	MICHELLE W. - STUDIO A PARENT/CHILD CARDIO DRUMMING
SATURDAY 6/21	11:45-12:45 PM	DANCE WITH ME: HIP HOP EDITION	YASMEEN - STUDIO A PARENT/CHILD HIP HOP DANCE CLASS
SUNDAY 6/22	8:30-9:15 AM	KARAOKE CYCLE	MICHELLE W. - STUDIO B
WEDNESDAY 6/25	2:00-3:00 PM	AQUA PI-YO-CHI	PATRICE L. - POOL ELEMENTS OF PILATES, YOGA AND AI CHI WHILE IN THE WATER!
SATURDAY 6/28	11:45-12:30 PM	STEP IT LIKE IT'S HOT	KAYLA G. - STUDIO A
SUNDAY 6/29	9:00-9:30 AM	SUNDAY STRECTH	HUNTER D.- STUDIO A

Looking for other ways to stay active this summer? Explore our full weekly schedule and the Run Club sessions for June and July!