

US Group Exercise Schedule

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
11:00AM – 11:30AM <u>Barre</u> ^{^+}	8:00AM – 8:30AM <u>7 Minute Workout</u>	10:00AM – 10:15AM <u>Energy Burst</u>	7:15AM – 8:00AM <u>Total Body Conditioning</u> [^]	6:30AM- 7:15AM <u>HIIT the Beach*</u> 7/30 Only
11:45AM – 12:00PM <u>Seated Strength & Stretch</u> ^{^+}	11:00AM – 11:30AM <u>Yoga Core Fusion</u>	11:00AM – 11:30AM <u>HIIT</u>	11:00AM – 11:30AM <u>Pilates</u>	8:30AM – 9:00AM <u>Cardio Core Express</u>
12:00PM – 12:30PM <u>STRONG Nation</u> ^{TM+}	12:00PM – 12:45PM <u>Zumba</u>	12:00PM – 12:45PM <u>Yoga</u>	12:00PM – 12:30PM <u>7 Minute Workout</u>	10:00AM – 10:15AM <u>Mindful Recovery</u>
3:00PM – 3:45PM <u>Yoga</u> ⁺	3:00PM – 3:15PM <u>Energy Burst</u>	3:00PM – 3:30PM <u>Pilates</u>	3:00PM – 3:15PM <u>Mindful Recovery</u>	12:00PM – 12:45PM <u>Yoga</u>
5:15PM – 6:00PM <u>Total Body Conditioning</u> ^{^+}	7:00PM – 7:30PM <u>Yoga</u>	5:15PM – 5:45PM <u>Kickboxing</u>		

*HIIT the Beach! In honor of sunny days and warmer temperatures, it is time to feel the right kind of burn. This interval-based class combines body weight strength training with high intensity cardio bursts designed to strengthen the body and improve endurance. Modifications available for all skill levels. Offered 7/30/21 only.

[^]Class format will include options to supplement body weight exercises, including free weights, mini exercise balls or bands.

⁺Classes canceled 7/5/21 in observance of Fourth of July holiday.