

LWE July Group Class Schedule

UPDATED Week of July 18th – July 23rd

Classes in red indicate that the class deviates from our normal schedule; the change is only temporary.

July 18	Monday	6:30 am	Stretch & Flexibility (30 minutes)	Staff
		9:00 am	Stability Ball & Toning	Staff
		3:00 pm	Abs (20 minutes)	Keila
		4:00 pm	Step Aerobics (30 minutes)	Lauren
		5:30 pm	Zumba	Lauren
July 19	Tuesday	7:15am	Pilates	Michelle
		8:00 am	Muscle Cardio	Michelle
		9:00 am	Yoga	Michelle
		3:00pm	Strength & Conditioning (30 minutes)	Keila
		4:30 – 5:15pm	Beginners Zumba	Lauren
		6:15 – 7:00 pm	Beginners Zumba	Akua
July 20	Wednesday	6:30 am	Stretch & Flexibility (30 minutes)	Staff
		9:00 am	Stability Ball & Toning	Staff
		3:00 pm	Abs (20 minutes)	Keila
		4:00 pm	Step Aerobics (30 minutes)	Lauren
		5:30 pm	Zumba	Lauren
July 21	Thursday	7:15am	Pilates	Michelle
		8:00 am	Muscle Cardio	Michelle
		9:00 am	Yoga	Michelle
		3:00pm	Strength & Conditioning (30 minutes)	Keila
		4:30 –5:15pm	Beginners Zumba	Lauren
		6:15 – 7:00 pm	Beginners Zumba	Akua
July 22	Friday	6:30 am	Stretch & Flexibility (30 minutes)	Staff
		9:00 am	Stability Ball & Toning	Staff
		3:00 pm	Abs (20 minutes)	Lauren
		5:30 pm	Zumba	Akua
July 23	Saturday	9:00 am	Beginners Zumba	Lauren
		10:30am	Zumba	Lauren

Unless otherwise noted, classes are 50-60 minutes in length. Please note, classes and instructors are subject to change as unforeseen circumstances do occasionally arise. Please feel free to call (602) 867-1905 to double check class times and instructors.

Starting July 1st all guest and members must sign-in for Zumba and receive a wristband to wear. Classes are limited to 10 people.