


| | Studio #1 | Studio #2 | Studio #3 | TF Pool | | |
|--------|---|---|---|--|--|---|
| Starts | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 8:00 | Hydro Challenge - TF w/ Janet | Hydro Challenge -TF w/ Janet | Hydro Challenge-TF w/ Janet | | | |
| | Classic Aerobics w/ Helen | Stability Strong w/ Helen Beginner Yoga w/ Alan | Classic Aerobics w/ Helen | Stability Strong w/ Helen Beginner Yoga w/ Alan | Classic Aerobics w/ Helen | |
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| 9:00 | Cardio Strength Combo w/ Jennifer Yoga Flow w/ Becca | Zumba w/ Helen Yin Yoga w/ Stephanie | Cardio Strength Combo w/ Jennifer Zumba w/ Cindy | Hydro Challenge - TF w/ Shirleen Zumba w/ Helen Yin Yoga w/ Stephanie | Aqua Zumba-TF w/ Cindy Cardio Strength Combo w/ Jennifer | Cardio Strength Combo w/ Jennifer Zumba w/ Cindy |
| | 20/20/20 w/ Jennifer Pilates/Barre w/ Becca | Chair Yoga w/ Karen Strength & Stretch (NEW) w/ Shirleen | 20/20/20 w/ Jennifer Sit & Fit w/ Shirleen | Chair Yoga w/ Karen Strength & Stretch (NEW) w/ Shirleen | 20/20/20 w/ Jennifer Sit & Fit w/ Shirleen | |
| 11:00 | Gentle Cardio Strength w/ Cindy | Balance Plus w/ Janet Country Fitness w/Cortney | Gentle Cardio Strength w/ Cindy | Balance Plus w/ Janet Dance Fusion Studio #2 11-2 | Gentle Cardio Strength w/ Cindy | |
| 12:00 | Line Dance Club/Dance Fusion | | | | Due to closure of Eagle's Nest Fitness Center for renovations, there will be no afternoon aqua classes. | |
| 1:00 | | | Dance Fusion | Dance Fusion Studio #2 11-2 |  | |
| 2:00 | Line Dance Club/Dance Fusion | Yin & Meditation w/ Stephanie | | Ballroom Dance 2-4, Studio #1 | | |
| 2:30 | Line Dance Club/Dance Fusion | | | | | |
| 3:00 | Yoga - Gentle Flow w/ Stephanie | | Stretch/Balance w/ Jennifer | Ballroom Dance 2-4, Studio #1 | Studios are closed on July 4th - No classes | |

RESERVATIONS REQUIRED: www.supersaas.com/schedule/login/PebbleCreek_Fitness/