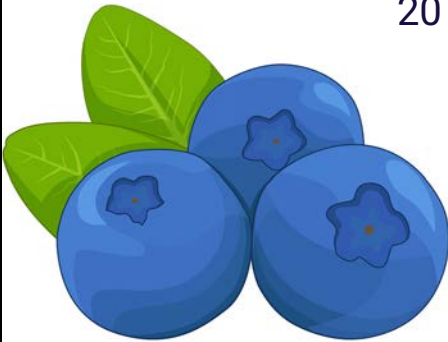


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2025		1 9am Curls & Crunches - Angela 11am Gentle Cardio - Lisa	2 9am Gentle Yoga - Beth	3 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	4 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni Independence Day (U.S.)	5 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
6 	7 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Balance - Carol	8 9am Curls & Crunches - Angela 11am Gentle Cardio - Lisa 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	9 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	10 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	11 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 11:30am Line Dance (Ent. Rm) 1:30pm Aqua Blast - Joni	12 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
13	14 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	15 9am Curls & Crunches - Angela 11am Gentle Cardio - Lisa 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	16 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	17 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	18 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 11:30am Line Dance (Ent. Rm) 1:30pm Aqua Blast - Joni	19 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
20 	21 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	22 9am Curls & Crunches - Angela 11am Gentle Cardio - Lisa 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	23 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	24 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol 2:15pm Wellness Workshop	25 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	26 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
27	28 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	29 9am Curls & Crunches - Angela 11am Gentle Cardio - Lisa 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Bands & More - Stephanie	30 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	31 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	Fitness Calendar 	