

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026			1 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	2 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	3 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	4 4th of July Independence Day (U.S.)
5 	6 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	7 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie	8 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	9 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	10 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	11 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
12	13 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	14 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Balance - Stephanie	15 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	16 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	17 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	18 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
19 	20 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	21 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie	22 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	23 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	24 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	25 9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation
26	27 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 11am Strength - Stephanie 11:30am Balance - Stephanie 1pm Aqua Balance - Carol	28 9am Curls & Crunches - Angela 10am Boogie Lite - Angela 1:45pm Balance - Stephanie 2:15pm Bands & More - Stephanie 2:45pm Balance - Stephanie	29 9am Gentle Yoga - Beth 10am Stretch - Stephanie 10:30am Strength - Stephanie	30 9am Gentle Yoga - Deneal 10am Gentle Yoga - Deneal 1pm Aqua Groove - Carol	31 9am Curls & Crunches - Angela 10am Functional Cardio - Angela 1:30pm Aqua Blast - Joni	9am Gentle Yoga - Deneal 10am Gentle Yoga - Teacher Rotation