

Theme: Summertime Social

July Schedule



Spirit Fridays: Wear Tie Dye

CLASS KEY

- Beginner
- ◐ Intermediate
- Advanced
- ♥ Social Class
- ↻ Rotating Class

Monday

- ◐ 9:00 am Cardio Fusion
- 9:45 am Functional Strength
- 10:30 am Yoga 45
- 11:30 am Ageless Grace Express
- 12:00 pm Gentle Mobility
- ◐ 1:00 pm Walk This Way
- ♥ 2:00 pm Social Club
- ◐ 4:00 pm Arms & Abs
- 5:00 pm Stretch & Recovery

Tuesday

- 9:30 am Cardio Blast Express
- ◐ 10:00 am Full Body 45
- 11:00 am Core Stability
- 12:00 pm Tai Chi
- 1:00 pm Upper Body Strength
- 2:00 pm Fall Free® Balance
- 4:00 pm Chair Pilates 45
- ◐ 5:00 pm Strength & Cardio

Wednesday

- ◐ 9:00 am Full Body Strength
- ◐ 9:45 am Walk This Way
- 10:30 am Lotus Tai Chi 45
- ◐ 11:30 am Core Express
- 12:00 pm Ageless Grace
- ↻ 1:00 pm Cardio Mix 🎵
- ◐ 2:00 pm Mobility & Stability
- ♥ 4:00 pm Club Connections
- ◐ 5:00 pm Full Body 45
- 6:00 pm Stretch & Recovery Express

Thursday

- 9:30 am Chair Aerobics Express
- ◐ 10:00 am Full Body 45
- 11:00 am Advanced Core
- 12:00 pm Tai Chi
- ◐ 1:00 pm Lower Body Strength
- ◐ 2:00 pm Fall Free® Balance
- 4:00 pm Pilates 45
- ◐ 5:00 pm Strength & Cardio

Friday

- ◐ 9:00 am Cardio Fusion
- 9:45 am Advanced Strength
- ◐ 10:30 am Chair Yoga 45
- 11:30 am Ageless Grace Express
- 12:00 pm Mobility Masters
- 1:00 pm Walk This Way
- ♥ 2:00 pm Brain Games
- ◐ 4:00 pm Legs & Abs
- 5:00 pm Stretch & Recovery

Club Connections

Wednesdays @ 4 PM ET

JUL
01

Connect Event: Cardio Drumming

Join us for this 1950's beach party inspired cardio drumming class! Drum along to classic summer surf tunes that will make you feel like you're having fun in the sun!



JUL
08

Cooking Club: Elote Pasta Salad

This month's Cooking Club transforms two summer classics; corn and pasta salad into a creamy and nutritious Elote side dish perfect for hot summer days. Simple ingredient swaps make this recipe light, high protein and fiber rich.



JUL
15

Art Club: Tie Dye Socks

Step into summer style as Coach Merilin guides you in creating fun designs using the art of tie dye! Create a pair of custom socks that will have everyone wanting their own.



JUL
22

Book Club: Remarkably Bright Creatures by Shelby Van Pelt

This book is about a 70-year-old widow, Tova Sullivan, who works at an aquarium and solves her son's mysterious disappearance with the help of an octopus.



JUL
29

Connect Event: Beach Ball Bash

Join us in this high-energy chair aerobics workout that will sculpt your arms, strengthen your core, and get your heart rate up—all while feeling like you're playing at the beach.



Social Club



Mondays @ 2 PM ET

- 7/6 Member Orientation
- 7/13 Iced Tea Social
- 7/20 Summer Hat Social
- 7/27 Meet the Members



Brain Games



Fridays @ 2 PM ET

- 7/3 NO LIVE CLASSES
- 7/10 BINGO
- 7/17 Memory in Motion
- 7/24 Name that Summer Tune
- 7/31 Summer Vacation Trivia

Cardio Mix

- 7/1 Move & Groove
- 7/8 Cardio Drumming
- 7/15 Move & Groove
- 7/22 Line Dancing
- 7/29 Move & Groove