

DROP-IN FITNESS CLASSES

July 2026
Updated July 7

MON	TUE	WED	THU	FRI
		1	2	3
		<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	<u>NO CLASSES</u>
			12:15 - 12:45 PM Core Workout <i>Cindy</i>	
			1:00 - 2:00 PM Light Adult Fitness Stride & Strength <i>Cindy</i>	
			5:30 - 6:20 PM Kickboxing <i>Cindy</i>	
6	7	8	9	10
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	<u>NO CLASSES</u>
	12:15 - 12:45 PM Core Workout <i>Cindy</i>	12:15 - 12:45 PM Yoga <i>Zirkia</i>	12:15 - 12:45 PM Get Ripped <i>Zirkia</i>	
	1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Total Body Conditioning <i>Shay</i>	
	5:30 - 6:20 PM Yoga <i>Zirkia</i>	5:30 - 6:00 PM 30 Min Track <i>Cindy</i>	5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>	
13	14	15	16	17
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Dolores</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	<u>NO CLASSES</u>
	12:15 - 12:45 PM Spin <i>Shay</i>	12:15 - 12:45 PM Yoga <i>Zirkia</i>		
	1:00 - 2:00 PM Light Adult Fitness Gentle Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>	
	5:30 - 6:20 PM Yoga <i>Zirkia</i>	5:30 - 6:00 PM 30 Min Spin <i>Zirkia</i>		
20	21	22	23	24
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	<u>NO CLASSES</u>
	12:15 - 12:45 PM Spin <i>Shay</i>	12:15 - 12:45 PM Yoga <i>Zirkia</i>	12:15 - 12:45 PM Core Workout <i>Shelly</i>	
	1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Core & Stretch <i>Shay</i>	
	5:30 - 6:20 PM Yoga <i>Zirkia</i>	5:30 - 6:00 PM 30 Min Spin <i>Shay</i>	5:30 - 6:20 PM Band Bootcamp <i>Shay</i>	
27	28	29	30	31
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	<u>NO CLASSES</u>
	12:15 - 12:45 PM Get Ripped <i>Zirkia</i>	12:15 - 12:45 PM Yoga <i>Zirkia</i>		
	1:00 - 2:00 PM Light Adult Fitness Toned & Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>	
	5:30 - 6:20 PM Yoga <i>Zirkia</i>	5:30 - 6:00 PM 30 Min Spin <i>Zirkia</i>		