



July Weekly Activities



2701 S. Blackman Road Springfield, MO 65809

Ph. 417.891.1500

TIMES	Mon	Tue	Wed	Thu	Fri	Sat
5 - 8:30 a.m.	5am—Buti Yoga w/Julia (A) 5:15am-Action w/Melissa 8:30am -Zumba w/Amy (A) \$ 8:30am - Silver Sneakers Cardio Circuit w/Christy (G)	5:30am - Muscle Pump w/ Melissa (A) 6am - Body Blast w/Nichole (G/A) 8am - Amy's Spin (A) \$	5am—Buti Yoga w/Julia (A) 5:15am-Action w/Melissa 8:30am - Silver Sneakers Cardio Circuit w/Amy (G) 8:30am-Tight & Tone w/Kim (A)	5:30am - Muscle Pump w/ Melissa 6am - Body Blast w/Nichole (G/A) 8am - Amy's Spin (A) \$	5am—Buti Yoga w/Julia (A) 5:15am-Action w/Melissa 8:30am– 30/30 Cardio Core w/ Ally (A) 8:30am - Silver Sneakers Cardio Circuit w/Amy (G)	9am– Suspension Pro Fitness w/Pam(G)
9 - 11 a.m.	9:30am - Body Blast w/ Shanda (G) 9:45am - Pilates w/Amy (A) \$	9am - Silver Sneakers Classic w/Amy 9am - Muscle Fusion w/Ally(A) \$ 10am- 12 PICKLEBALL (G) \$ 10:15am - Amy's Spin (A) \$	10am -Small Group Training w/Jordan \$ 9:30am - Body Blast w/Shanda (G) 9:45am - Senior Strength Training w/Amy (A) \$ 10:45am - Zumba w/Amy \$ (A)	9am - Silver Sneakers Classic w/Amy 9am - Muscle Fusion w/Ally (A) \$ 10am- 12 PICKLEBALL (G) \$ 10:15am - Amy's Spin \$ (A)	9am -Small Group Training w/ Jordan \$ 9:30am - Body Blast w/Shanda (G) 9:45am - Pilates w/Amy(A) \$	9am– Suspension Pro Fitness w/Pam(G) 10am– Body Blast w/ Kim (G) 10am -Tai Chi w/Chuck (A) \$
11 - 3 p.m.	12pm-30/30 Bike & Build w/ Amy (A) 1:00pm - Silver Sneakers CardioCircuit w/Christy (G)	11:15a.m.-Mixed Level Yoga w/Amy(A) \$ 12:15pm– Lean & Mean w/ Shanda (A)	12pm– 30/30 Cardio Core w/ Amy (A) 1:00pm - Silver Sneakers CardioCircuit w/Christy (G)	11:15a.m.– Mixed Level Yoga w/Amy (A) \$ 12:15pm– Lean & Mean w/ Shanda (A) 1pm - Silver Sneakers CardioCircuit w/Liz (G)	12pm-30/30 Bike & Build w/ Amy (A) 1pm - Silver Sneakers CardioCircuit w/Christy(G)	11am - Volleyball (G) 11:15am– Tabata w/ Hannah (A)
3:30 - 5 p.m.	3-5pm—Pickleball (G)		3-5pm—Pickleball (G) 4:15pm– 30/30 Bike & Tone w/Cathy(A)	4:30pm– 30/30 Bike & Tone w/Cathy(A)	3-5pm—Pickleball (G)	
5:30 - Close	6:15pm– Buti Yoga w/Rachel (A) 5:30pm– Muscle Pump w/ Holly (A) 7pm -Tae Kwon Do w/Carrie \$ (CR)		5:30pm– Muscle Pump w/Holly (A) 6pm - Full Court Volleyball (G) 7pm -Tae Kwon Do w/Carrie \$ (CR)	5:30pm– Muscle Pump w/Holly 6:10pm - YOGA w/Barbara (A) \$ 6:15-9:15pm—Volleyball League	7 - 9 pm - PICKLEBALL (G) \$	