

# JULY 2024

## Upper Fitness Studio Schedule



MON	TUE	WED	THU	FRI	SAT
<b>1</b> <b>9:00 AM</b> Pilates <b>10:30 AM</b> NO CLASS! <b>5:30 PM</b> Zumba	<b>2</b>	<b>3</b> <b>9:00 AM</b> Pilates <b>5:30 PM</b> NO CLASS!	<b>4</b> 4th of July YMCA CLOSED!	<b>5</b> <b>9:00 AM - 2:30 PM</b> LifeServe Blood Drive	<b>6</b> NO CLASS
<b>8</b> <b>9:00 AM</b> Pilates <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Zumba	<b>9</b> <b>10:30AM</b> Balance <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting	<b>10</b> <b>9:00 AM</b> Pilates <b>5:30 PM</b> Core & More	<b>11</b> <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Body Sculpting	<b>12</b>	<b>13</b> NO CLASS
<b>15</b> <b>9:00 AM</b> Pilates <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Zumba	<b>16</b> <b>10:30AM</b> Balance <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting	<b>17</b> <b>9:00 AM</b> Pilates <b>5:30 PM</b> Zumba	<b>18</b> <b>10:30 AM</b> Fit for Life <b>5:00 PM</b> Body Sculpting	<b>19</b>	<b>20</b> NO CLASS
<b>22</b> <b>9:00 AM</b> Pilates <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Zumba	<b>23</b> <b>10:30AM</b> Balance <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting	<b>24</b> <b>9:00 AM</b> Pilates <b>5:30 PM</b> Zumba	<b>25</b> <b>10:30 AM</b> Fit for Life <b>5:00 PM</b> Body Sculpting	<b>26</b>	<b>27</b> NO CLASS
<b>29</b> <b>9:00 AM</b> Pilates <b>10:30 AM</b> Fit for Life <b>5:30 PM</b> Zumba	<b>30</b> <b>10:30AM</b> Balance <b>12:15 PM</b> Full Body Blast <b>5:00 PM</b> Body Sculpting	<b>31</b> <b>9:00 AM</b> Pilates <b>5:30 PM</b> Core & More			

### Class Cancellation Policy

- Group Exercise class cancellations will be determined by the instructor.
- Check Facebook, Instagram or call the YMCA.
- Check with the front desk about signing up for text alerts for class cancellations.

