



2024 REVISED

# 4th of July Schedule

## Thursday, July 4th

Center Hours: 7AM-2PM

- 8:00 AM: **Get Fired Up Cycle!**  
(Tammy | 60 min | MP2 Room)
- 8:15 AM: **Life, Liberty, and the Pursuit of a Total Body Workout**  
(Laurie W | 60 min | Studio)
- 8:45 AM: **Sparkle & Shine**  
(Kim | 60 min | Lap & Therapy Pool)
- 9:20 AM: **Independence Day Yoga!**  
(Julie | 60 min | Studio)
- 10:00 AM: **Waves Practice**  
(Coach | 60 min | Lap Pool)
- 10:30 AM: **Kaboom In the Room Zumba!**  
(Tom | 60 min | Studio)

## Friday, July 5th

Center Hours: 5AM-10PM

- 5:30 AM: **Waves Practice**  
(Coach | 60 min | Lap Pool)
- 6:30 AM: **Waves Practice**  
(Coach | 60 min | Lap Pool)
- 8:00 AM: **Boxing Cardio**  
(Laurie W | 60 min | Studio)
- 8:30 AM: **Red, White and Deep Blue**  
(Mary | 60 min | Deep Pool)
- 9:15 AM: **Red, White and BOOM TBS!**  
(Ylona | 60 min | Studio)
- 9:30 AM: **Waves Practice**  
(Coach | 60 min | Lap Pool)
- 10:30 AM: **Waves Practice**  
(Coach | 60 min | Lap Pool)
- 10:30 AM: **Let Freedom Ring Yoga**  
(Lana | 60 min | Studio)

## Saturday, July 6th

Center Hours: 6AM-6PM

- 7:00AM **Waves Practice**  
(Coach | 75 min | Lap Pool)
- 8:15AM **Waves Practice**  
(Coach | 60 min | Lap Pool)
- 7:30 AM: **Hi/Lo Cardio Parade**  
(Karen | 45 min | Studio)
- 8:00 AM: **Stars and Stripes Cycle & Core**  
(Paula | 60 min | MP2 Room)
- 8:15AM: **What a Blast! TBS**  
(Karen | 45 min | Studio)
- 9:15AM **Blast with Bubbles**  
(Laura | 60 min | 30 Lap / 30 Deep)
- 9:15AM: **Light It Up! ZUMBA!**  
(Dara | 60 min | Studio)
- 10:15 AM: **Stretching for the Stars**  
(Laura | 30 min | Therapy Pool)
- 10:30 AM: **Bold Stripes & Brave Heart Yoga**  
(Julie | 60 min | Studio)

## Sunday, July 7th

Center Hours: 6AM-6PM

- 8:15AM **Cardio Boxing for the Troops**  
(Jessie | 45 min | Studio)
- 9:15 AM: **Total Body Workout**  
(Jessie | 60 min | Studio)
- 9:00 AM: **Splash & Dash**  
(Mary | 60 min | Lap & Therapy Pool)
- 10:30 AM: **SHINE ON: YOGA**  
(Katie | 60 min | Studio)
- 12:00 PM: **Ripples Class\***  
(Cindy | 45 min | Lap Pool)
- 12:45 PM: **Swim Stroke Clinic\***  
(Cindy | 60 min | Lap Pool)

\*Fee Based Class

Midday members are welcome on **Thursday, July 4th & Friday, July 5th** due to the revised schedule.

This revised schedule replaces regular **Group Exercise & Aquatic** Schedules for these dates only.