



JULY

MIND AND BODY CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|---|---|---|
| BODYPUMP 6 - 6:55 AM <i>Peggy</i> | BODYCOMBAT 6 - 6:55 AM <i>Mitsuko</i> | BODYPUMP 6 - 6:55 AM <i>Mitsuko</i> | BODYCOMBAT 6 - 6:55 AM <i>Mitsuko</i> | BODYPUMP w/ CXWORX 6 - 6:55 AM <i>Peggy</i> | CXWORX 8:30 - 9 AM <i>Peggy</i> | WARM YOGA 8 - 9:30 AM <i>Kari</i> |
| YOGA FOR ATHLETES 7 - 7:45 AM <i>Peggy</i> | NIA 8 - 8:55 AM <i>Cristin</i> | HOT YOGA FLOW 9 - 10:30 AM <i>Kate</i> | YOGA FLOW 7 - 7:55 AM <i>Gina</i> | BODYFLOW 7 - 7:45 AM <i>Peggy</i> | YOGA FOR ATHLETES 9 - 9:45 AM <i>Peggy</i> | VINYASA YOGA 10 - 11:15 AM <i>Shauna</i> |
| HOT YOGA FLOW 9 - 10:30 AM <i>Marisa</i> | BODYCOMBAT 9 - 9:55 AM <i>Terri</i> | BODYPUMP 11 - 11:55 PM <i>Terri</i> | BODYCOMBAT 9 - 9:55 AM <i>Terri</i> | HOT YOGA FLOW 9 - 10:30 AM <i>Kate</i> | BODYPUMP 10 - 10:55 AM <i>Peggy</i> | MAT PILATES 11:30 - 12:30 PM <i>Shauna</i> |
| BODYPUMP 11 - 11:55 PM <i>Terri</i> | CXWORX 10 - 10:30 AM <i>Terri</i> | STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i> | CXWORX 10 - 10:30 AM <i>Terri</i> | BODYPUMP 11 - 11:55 PM <i>Mitsuko</i> | BODYFLOW 11 - 11:55 PM <i>Peggy</i> | HOT YOGA 4 - 5:30 PM <i>Melinda</i> |
| ZUMBA 12 - 1 PM <i>Sharon</i> | BODYFLOW 10:35 - 11:30 AM <i>Mitsuko</i> | HATHA YOGA 4:30 - 5:30 PM <i>Judy</i> | BODYFLOW 10:35 - 11:30 AM <i>Mitsuko</i> | STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i> | ZUMBA 12 - 1 PM <i>Elizabeth</i> | |
| STRETCH & RENEW 1:30 - 2:30 PM <i>Antonio</i> | HATHA YOGA 12 - 1:15 PM <i>Judy</i> | HOT YOGA 6 - 7:30 PM <i>Antonio</i> | HATHA YOGA 12 - 1:15 PM <i>Judy</i> | | HOT YOGA FLOW 4 - 5:30 PM <i>Elizabeth</i> | |
| HOT YOGA 6 - 7:30 PM <i>Melinda</i> | YOGA FOR ATHLETES 4:45 - 5:45 PM <i>Elizabeth</i> | | YOGA FOR ATHLETES 4:45 - 5:45 PM <i>Rosie</i> | <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Guest Policy</p> <p>Please be sure to check in any guests at CVAC Front Desk BEFORE class.</p> </div> | | |
| | BODYPUMP 6 - 7 PM <i>Terri</i> | | BODYPUMP 6 - 7 PM <i>Natalie</i> | | | |
| | | | | | | |

FITNESS STUDIO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|--------|
| STAY FIT 9 - 9:45 AM <i>Mitsuko</i> | QIGONG+TAIJI 9 - 9:45 AM <i>Joshua</i> | STAY FIT 9 - 9:45 AM <i>Mitsuko</i> | QIGONG+TAIJI 9 - 9:45 AM <i>Joshua</i> | STAY FIT 9 - 10 AM <i>Mitsuko</i> | BARRE 10:30 - 11:20 AM <i>Jordan</i> | |
| MAT PILATES 11 - 12 PM <i>Shauna</i> | BARRE 11:00 - 11:50 AM <i>Jordan</i> | FUSION DANCE 10 - 10:45 PM <i>Sharon</i> | BARRE 11:00 - 11:50 AM <i>Jordan</i> | MAT PILATES 11 - 12 PM <i>Shauna</i> | | |
| HIIT STRENGTH 5 - 5:30 PM <i>Mitsuko</i> | | MAT PILATES 11 - 12 PM <i>Leah</i> | | | | |
| CXWORX 5:30 - 6 PM <i>Mitsuko</i> | | HIIT STRENGTH 5 - 5:45 PM <i>Elizabeth</i> | | | | |
| FUSION DANCE 6 - 6:45 PM <i>Elizabeth</i> | | BELLY DANCE FUSION 6 - 6:45 PM <i>Stuti</i> | | | | |
| | | | | <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">CYCLE STUDIO NOW OPEN</p> <p>Our NEW Cycle Studio is now open! Get your blood pumping with our collection of live and virtual classes, including RPM, Virtual RPM, (Cycle) HIIT, Power Spin,</p> </div> | | |
| | | | | | | |
| | | | | | | |

POOL/ REFUGE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|----------|--|--|--------|
| AQUA 10 - 11 AM <i>Sabrina</i> | AQUA 10 - 11 AM <i>Sabrina</i> | AQUA 10 - 11 AM <i>Sabrina</i> | | AQUA 10 - 11 AM <i>Annie</i> | AQUA 9:30 - 10:30 AM <i>Sabrina</i> | |
| | | AQUA YOGA 8:30 - 9:30 AM <i>Gina (Refuge)</i> | | AQUA YOGA 8:30 - 9:30 AM <i>Gina (Refuge)</i> | | |



JULY

CYCLE STUDIO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|-----------------------------|
| VIRTUAL RPM 6:15—7:00 AM | WATTS SPIN 7:00—7:45 AM <i>Jennifer</i> | VIRTUAL RPM 6:30—7:15 AM | WATTS SPIN 7:00—7:45 AM <i>Jennifer</i> | VIRTUAL RPM 6:30—7:15 AM | RPM 8:00—8:45 AM <i>Mitsuko</i> | RPM 9:00—9:45 AM |
| SPIN & SCULPT 8:00—8:55 AM <i>Mitsuko</i> | POWER SPIN 9:30—10:15 AM <i>Sehra</i> | SPIN & SCULPT 8:00—8:55 AM <i>Mitsuko</i> | POWER SPIN 9:30—10:15 AM <i>Sehra</i> | SPIN & SCULPT 8:00—8:55 AM <i>Mitsuko</i> | SPIN INTRO 9:15—9:45 AM <i>Diana</i> | VIRTUAL RPM 1:00—1:45 PM |
| VIRTUAL RPM 11:00—11:45 AM | VIRTUAL RPM 11:30—12:15 PM | RPM 12:00—12:45 PM <i>Diana</i> | VIRTUAL RPM 11:30—12:15 PM | SPIN INTRO 11:15—11:45 PM <i>Diana</i> | RPM 10:00—10:45 PM <i>Diana</i> | VIRTUAL RPM 2:00—2:45 PM |
| RPM 12:30—1:15 PM <i>Terri</i> | HIIT 12:30—1:00 AM <i>Mitsuko</i> | VIRTUAL RPM 4:30—5:15 PM | HIIT 12:30—1:00 AM <i>Mitsuko</i> | RPM 12:00—12:45 PM <i>Diana</i> | VIRTUAL RPM 1:00—1:45 PM | |
| VIRTUAL RPM 4:30—5:15 PM | RPM 4:30—5:15 PM <i>Janka</i> | RPM 6:00—6:45 PM <i>Terri</i> | SPIN INTRO 4:00—4:30 AM <i>Janka</i> | VIRTUAL RPM 4:30—5:15 PM | VIRTUAL RPM 5:00—5:45 PM | |
| HIIT 6:00—6:30 PM <i>Jennifer</i> | VIRTUAL RPM 7:00—7:45 PM | VIRTUAL RPM 7:00—7:45 PM | RPM 4:45—5:30 PM <i>Janka</i> | VIRTUAL RPM 7:00—7:45 PM | | |
| VIRTUAL RPM 7:00—7:45 PM | | | VIRTUAL RPM 7:00—7:45 PM | | | |
| | | | | | | |

TENNIS CLINICS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--|---|--------|
| | | | | | WOMEN'S C TEAM CLINIC 9:00 - 10:30 AM \$20 / Member <i>Alice</i> | |
| | | | | DROPIN CLINIC 1:00 - 2:00 PM \$20 / Member <i>Brian</i> | LIVE BALL 11:00 - 12:00 PM \$20 / Member <i>Brian</i> | |

KIDS CLINICS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|-----------|---|--------|----------|--------|
| PARENT & TOT 1:00 - 1:40 PM \$15 / Member <i>Leah</i> | KIDS CARDIO 2:30 - 3:15 PM Free <i>Janka</i> | | KIDS CARDIO 2:30 - 3:15 PM Free <i>Janka</i> | | | |

PILATES GROUP CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|--------|
| INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i> | M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i> | CLASSIC REFORMER 10:00 - 10:50 AM \$30 / Member <i>Leah</i> | M.E. SCULPT 9:00 - 9:50 AM \$30 / Member <i>Amanda C.</i> | INT. MIXED EQUIPMENT 10:00 - 10:50 AM \$30 / Member <i>Shauna</i> | ADVANCED REFORMER 10:00 - 10:50 AM \$30 / Member <i>Paris</i> | |
| REFORMER SCULPT 12:00 - 12:50 PM \$30 / Member <i>Shauna</i> | CARDIO JUMPBOARD 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i> | ATHLETIC PILATES 12:00 - 12:50 PM \$30 / Member <i>Leah</i> | CLASSICAL M.E. 10:00 - 10:50 AM \$30 / Member <i>Amanda C.</i> | CARDIO JUMPBOARD 12:00 - 12:50 PM \$30 / Member <i>Shauna</i> | | |
| | CLASSICAL M.E. 5:00 - 5:50 PM \$30 / Member <i>Trudy</i> | M.E. SCULPT 6:30 - 7:20 PM \$30 / Member <i>Leah</i> | | | | |