





July 2017 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road		Non-member drop-in rate is only \$5! And, your very first class is FREE!			1 8:00 am Step- Vickie 9:15 am Power Yoga- Jill 9:30 am Cycling- Cara
2 8:15 am Cycling – Ilene 9:30 am Zumba® - Joy	3 9:15 am Boot Camp- Vickie 6:30 pm Cycling - Liza	4 9:00 am Zumba®- Paula 	5 5:30 am Cycling -Cara 9:15 am Tabata & Toning Liza	6 10:30 am Mat Pilates Elaine 5:30 pm Cycling- Michele 6:30 pm Zumba® -Kristen	7 10:30 am Line Dancing (advanced) Jackie	8 9:15 am Barre Blend- Steph 9:30 am Cycling- Ilene
9 8:15 am Cycling – Ilene 9:30 am Zumba®- Joy	10 9:15 am Boot Camp Vickie 6:30 pm Cycling- Cara	11 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba®- Joy	12 5:30 am Cycling -Cara 9:15 am Tabata & Toning Vickie	13 10:30 am Mat Pilates Elaine 5:30 pm Cycling- Cara 6:30 pm Zumba® -Kristen	14 10:30 am Line Dancing (advanced) Cancelled	15 9:15 am Barre Blend- Steph 9:30 am Cycling- Ilene
16 8:15 am Cycling- Liza 9:30 am Zumba® - Joy	17 9:15 am Boot Camp Vickie 6:30 pm Cycling - Liza	18 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	19 5:30 am Cycling -Jim 9:15 am Tabata & Toning Liza	20 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Ilene 6:30 pm Zumba® -Kristen	21 10:30 am Line Dancing (advanced) Cancelled	22 8:00 am Tabata & Toning Vickie 9:15 am Barre Blend- Steph 9:30 am Cycling- Jim
23/30 8:15 am Cycling – Liza(23)/Ilene(30) 9:30 am Zumba® - Joy	24/31 9:15 am Boot Camp Vickie 6:30 pm Cycling - Liza	25 9:15 am Zumba®- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba® -Kristen	26 5:30 am Cycling - Jim 9:15 am Tabata & Toning Liza	27 10:30 am Mat Pilates Elaine 5:30 pm Cycling- Liza 6:30 pm Zumba® -Kristen	28 10:30 am Line Dancing (advanced) Jackie	29 9:30 am Cycling- Jim