

July 2017 / Daily Zenergy Schedule

MONDAY	CLASS	LOCATION	NOTES
6:30-7:25am	BODYPUMP (Anna, Emily, Zack, Sheridan)	Fitness Studio	
6:30-7:30am	Hot Yoga (Yvette)	Yoga Studio	
8:00-8:55am	Zumba (Priscilla)	Fitness Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:30-9:25am	RPM Power Ride (India)	Cycling Studio	
9:00-9:55am	Step (Kim)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:00-10:00am	\$ Atkinsons Park Swim Improvement	Indoor Pool	Through August 17
9:00-10:15am	\$ Atkinsons Park Swim Club (Ed & Maria)	Outdoor Pool	Through August 17
9:00-10:55am	\$ Tennis Ladies Day 3.5+ (George / Rob)	Tennis	TM Free / HM \$30
9:30-10:45am	All Levels Yoga (Dana)	Yoga Studio	
10:00-10:55am	Pilates Mat Intermediate (Zoe)	Fitness Studio	
11:00-11:45am	\$ Kids Stroke Improvement 6+ (Jennifer)	Indoor Pool	June 7 - July 5
11:00-11:55am	Deep Water Hydro Fit (Margie)	Outdoor Pool	
11:30-11:55am	BODYCOMBAT (Anna)	Fitness Studio	
12:00-12:30pm	CXWORX (Tim)	Fitness Studio	
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-1:00pm	All Levels Hatha Yoga (Victoria)	Yoga Studio	
12:35-1:25pm	Zen Roller (Tim)	Fitness Studio	Starts July 10
2:00-3:25pm	\$ Adult Tennis Clinic (Rob & George)	Tennis	TM Free / HM \$30
4:30-5:55pm	\$ Int. Jr Tennis Clinic /8-12yrs (Rob & Zack)	Tennis	
5:30-6:30(ish)pm	Zenergy Bike Club (rotation)	Lobby	
5:30-6:45pm	The Hot 26 Yoga (Brenda)	Yoga Studio	
6:00-7:25pm	\$ Mixed Doubles 3.5+ (Jamie)	Tennis	TM Free/HM \$20 / NM \$20
7:15-8:15am	\$ Deeply Relax with Yoga Nidra (Marney)	Yoga Studio	July 10 only

July 2017 / Daily Zenergy Schedule

TUESDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Suunto Heart Rate Training Ride (Erin)	Cycling Studio	
7:30-8:45am	Hot Yoga (Sandi)	Yoga Studio	
8:00-8:55am	Ballet Barre Works (Erin)	Fitness Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:30-9:25am	Suunto HRT for "Masters" (Brenda)	Cycling Studio	
9:00-9:55am	BODYPUMP (Emily)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall (Deborah)	Pilates Studio	July 11 - 25
9:00-10:00am	\$ Atkinsons Park Swim Improvement	Indoor Pool	Through August 17
9:00-10:15am	\$ Atkinsons Park Swim Club (Ed & Maria)	Outdoor Pool	Through August 17
9:30-10:30am	All Levels Yoga (Danielle)	Yoga Studio	
10:00-10:30am	CXWORX (Emily)	Fitness Studio	
11:00-11:55am	Liquid Blade Runner (Suzanne)	Outdoor Pool	
12:00-12:55pm	BODYPUMP (Anna)	Fitness Studio	
12:00-1:00pm	Yin Yoga (Cathie)	Yoga Studio	
3:00-3:40pm	\$ Beginner Water Fun 4-5 (Jennifer)	Indoor Pool	Last class July 6
3:45-4:25pm	\$ Little Tennis (Rob & Zack)	Tennis	TM Free / HM \$15 / NM \$20
3:45 - 4:25pm	\$ Kids Stroke Improvement 6+ (Jennifer)	Indoor Pool	Last class July 6 (no class July 4)
4:00-5:15pm	Guided Meditation/All Levels Yoga (Ryan)	Yoga Studio	
4:30-5:15pm	\$ Beginner Water Fun 2-3 (Jennifer)	Indoor Pool	Last class July 6 (no class July 4)
4:30-5:25pm	Pilates Mat Fundamentals (Zoe)	Fitness Studio	
4:30-5:55pm	\$ Adv. Jr Tennis Clinic / 12+ yrs (Rob)	Tennis	TM Free / HM \$30
5:15-6:15pm	Masters Swim (Ed)	Outdoor Pool	
6:30-7:25pm	Aquability (Jennifer)	Indoor Pool	

July 2017 / Daily Zenergy Schedule

WEDNESDAY CLASS		LOCATION	NOTES
6:30-7:25am	Pilates Mat (Deborah)	Fitness Studio	
6:30-7:25am	\$ Pilates Equipment Class (Zoe)	Pilates Studio	July 5 - 26
7:00-8:00am	Zen Roller (Tim)	Yoga Studio	
8:00-8:55am	\$ Pilates Equipment Class (Zoe)	Pilates Studio	July 5 - 26
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:00 - varies	Meet me on a hike with Yvette	Zenergy Lobby	8am at lobby, 8:30am at trail head 7/5 - Proctor, 7/12 - Bald Mt., 7/19 Aspen Lc
8:00-8:55am	\$ Cardio Tennis (Rob)	Tennis	TM No Charge / HM \$20 / NM \$25
8:30-9:25am	RPM Power Ride (Ashley)	Cycling Studio	
9:00-9:55am	Zumba (Casey)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:00-10:00am	\$ Atkinsons Park Swim Improvement	Indoor Pool	Through August 17
9:00-10:15am	\$ Atkinsons Park Swim Club (Ed & Maria)	Outdoor Pool	Through August 17
9:30-10:45am	All Levels Hatha Flow (Alexa)	Yoga Studio	
10:00-10:55am	Pilates Mat Intermediate/Adv (Emily)	Fitness Studio	
10:00-10:55am	\$ Pilates Tower (Susan)	Pilates Studio	July 5 - 26
11:00-11:45am	\$ Kids Stroke Improvement 6+ (Jennifer)	Indoor Pool	Last class July 5
11:00-11:45am	Deep Water Hydrofit (Margie)	Outdoor Pool	
11:30-12:00pm	Power Lunch Ride (Yvette/Jon)	Cycling Studio	
12:00-12:30pm	CXWORX (Tim)	Fitness Studio	
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-1:00pm	Hot Power Hour (Sandi)	Yoga Studio	
1:00-1:55pm	\$ Shot of the Week Clinic (Rob)	Tennis	TM No Charge / HM \$20 / NM \$25
4:00-4:55pm	Gentle Yoga / Sport Stretch (Yvette)	Yoga Studio	
5:30-6:45pm	Heated Vinyasa Flow (Brenda, Yvette)	Yoga Studio	
6:00-7:30pm	\$ Men's Doubles and Drills 4.0+	Tennis	TM No Charge / HM \$20 / NM \$20
6:15-7:30pm	Private Group	Fitness Studio	

July 2017 / Daily Zenergy Schedule

THURSDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Suunto Heart Rate Training Ride (Julie)	Cycling Studio	
7:30-8:45am	Hot Yoga (Brenda)	Yoga Studio	
8:00-8:55am	Ballet Barre Works (Erin)	Fitness Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:30-9:25am	RPM / Power Ride (Jen)	Cycling Studio	
9:00-9:55am	BODYPUMP (KIm)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall (Deborah)	Pilates Studio	July 6 - 27
9:00-10:00am	\$ Atkinsons Park Swim Improvement	Indoor Pool	Through August 17
9:00-10:15am	\$ Atkinsons Park Swim Club (Ed & Maria)	Outdoor Pool	Through August 17
9:30-10:30am	All Levels Yoga (Danielle)	Yoga Studio	
10:00-11:00am	\$ Melt for Arthritis Pain (Shana)	Fitness Studio	July 27 only
11:00-11:55am	Deep Water Hydrofit (Suzanne)	Outdoor Pool	
12:00-12:55pm	BODYPUMP (Emily)	Fitness Studio	
12:00-1:00pm	Yin Yoga (Cathie)	Yoga	
2:00-2:55pm	Pilates Mat Beginner / Int. with Deborah	Fitness Studio	
2:00-3:25pm	\$ Adult Tennis Clinic (Rob & George)	Tennis	TM Free / HM \$30
3:00-3:40pm	\$ Beginner Water Fun 4-5 (Jennifer)	Indoor Pool	Last class July 6
3:30-4:55pm	\$ Advanced Junior Tennis (Ages 12+)	Tennis	
3:45 - 4:25pm	\$ Kids Stroke Improvement 6+ (Jennifer)	Indoor Pool	Last class July 6 (no class July 4)
4:00-5:00pm	Gentle Yoga / Sport Stretch (Yvette)	Yoga	
4:30-5:15pm	\$ Beginner Water Fun 2-3 (Jennifer)	Indoor Pool	Last class July 6 (no class July 4)
5:15-6:10pm	Masters Swim (Ed)	Outdoor Pool	
6:00-7:25pm	Aquability (Jennifer)	Indoor Pool	

July 2017 / Daily Zenergy Schedule

FRIDAY	CLASS	LOCATION	NOTES
6:30-7:25am	Boot Camp (Jen)	Fitness Studio	
7:00-8:00am	Gentle Yoga / Sport Stretch (Yvette)	Yoga Studio	
8:00-9:00am	Masters Swim (Ed)	Outdoor Pool	
8:15-9:00am	Qi Gong (Cal Millar)	Yoga Studio	
8:30-9:25am	RPM / Power Ride (Yvette/Ashley)	Cycling Studio	
9:00-9:55am	BODYATTACK (Anna/Kim)	Fitness Studio	
9:00-9:55am	\$ Pilates Wall Unit Clinic (Emily)	Pilates Studio	M \$35/NM \$40 (drop-in rate)
9:30-10:30am	Weekend Warrior (Brenda)	Yoga Studio	
10:00-10:55am	Pilates Mat Intermediate/Adv (Emily)	Fitness Studio	
11:00-11:55am	Deep Water Hydro Fit (Margie)	Outdoor Pool	
11:00-12:25pm	\$ Tennis Men's Day 3.5+ (Rob)	Tennis	TM Free / HM \$30
12:00-12:30pm	CXWORX (Emily)	Fitness Studio	
12:35-1:35pm	\$ Melt for Golf and Tennis (Shana)	Fitness Studio	July 7th only
12:00-12:55pm	Masters Swim (Ed)	Outdoor Pool	
12:00-1:00pm	Hot Power Hour (Sandi)	Yoga Studio	
5:00-5:30pm	Mental Training for Athletes (Tami Kammer)	Yoga Studio	July 14th only

July 2017 / Daily Zenergy Schedule

SATURDAY	CLASS	LOCATION	NOTES
7:45-8:40am	BODYPUMP (Anna)	Fitness Studio	
8:00-9:15am	Hot Yoga (Brenda)	Yoga Studio	
9:00-9:55am	Pilates Mat (Zoe)	Fitness Studio	
9:00-9:55am	RPM Power Ride (Beth)	Cycling Studio	
10:00-10:55am	BODYPUMP (Zack)	Fitness Studio	
10:00-11:00am	All Levels Yoga (Rotation)	Yoga Studio	
2:00-3:25pm	\$ Adult Beg. /Int. Tennis Clinic (Jamie)	Tennis	TM Free / HM \$30
SUNDAY	CLASS	LOCATION	NOTES
8:30-9:25am	Suunto Heart Rate Training Ride (Jen)	Cycling Studio	
8:30-9:30am	\$ Melt for Running and Hiking (Shana)	Fitness Studio	July 16th only
9:30-10:45am	All Levels Yoga (Dana)	Yoga Studio	
10:00-10:55am	Ballet Barre Works (Peter)	Fitness Studio	
3:00-4:15pm	Heated Vinyasa Flow (Jacqui)	Yoga Studio	
3:00-5:00pm	\$ Mat Essentials (Susan)	Fitness Studio	July 9 only
5:00-6:00pm	Restorative Yoga (Katherine)	Yoga Studio	