July 3-4 Class Schedule

MONDAY, JULY 3RD (Clubs open 5a-11p)

Fitchburg: Kids Kastle CLOSED

8:30a Zumba *(JJ, Studio 1)*
9:30a BodyPump *(Vikki, Studio 1)*
6:15p TRX GAMES *(Andrea, Studio 2)*
No Aquatics classes

Capitol Square:

6:00p Power Yoga *(Alexa)*

TUESDAY, JULY 4TH (Clubs open 7a-5p)

Fitchburg: Kids Kastle CLOSED

8:30a Ultimate Intervals *(Hallie, Studio 1)*
9:30a Yoga Flow *(Kristin, Studio 1)*
No Aquatics classes

Capitol Square:

8:30a BodyCombat Express *(Jamie)*
9:30a BodyPump Express *(Jamie)*

Usual hours & schedules resume Wednesday July 5th