



# July



2026

"Discipline in July becomes confidence in August."  
 "Hot days. Hard work. Stronger you."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KEY: Class Locations</b> BLUE = POOL PURPLE = STUDIO A RED = STUDIO B	GREEN WRITING = Class Cancellations OR Announcements	<b>WHAT IS ACTIVTRAX?                      FITNESS EDUCATION                      &amp; PROGRESS                      TRACKING</b>	1 9:00AM BARRE 6:00PM ZUMBA 7:30 PM DSKO	2 8:30AM Sunrise Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES	3 	4  <p><b>HAPPY                      INDEPENDENCE                      DAY!</b>                      (GYM IS CLOSED)</p>
5	6 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	7 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA	8 9:00AM BARRE 6:00PM ZUMBA 6:15PM Water Aerobics 7:30 PM DSKO	9 8:30AM Sunrise Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES	10 8:30AM Water Aerobics 10:00AM CHAIR YOGA	11 9:30pm BODYSCULPT 10:45AM ZUMBA
12	13 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	14 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA	15 9:00AM BARRE 6:00PM ZUMBA 6:15PM Water Aerobics 7:30 PM DSKO	16 8:30AM Sunrise Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES	17 8:30AM Water Aerobics 10:00AM CHAIR YOGA	18 9:30AM FIT in the PARK Garden City Park: Fitness Court 10:45AM ZUMBA
19	20 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	21 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA	22 9:00AM BARRE 6:00PM ZUMBA 6:15PM Water Aerobics 7:30 PM DSKO	23 8:30AM Sunrise Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES	24 8:30AM Water Aerobics 10:00AM CHAIR YOGA	25 9:30AM FIT in the PARK Garden City Park: Fitness Court 10:45AM ZUMBA
26	27 8:30AM Water Aerobics 6:00PM BODSQUAD 7:30PM PILATES	28 8:30AM AQUA HIIT 6:30PM Strike & Sculpt 7:00PM ACTIVTRAX 7:30PM YOGA	29 9:00AM BARRE 6:00PM ZUMBA 6:15PM Water Aerobics 7:30 PM DSKO	30 8:30AM Sunrise Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES	31 8:30AM Water Aerobics 10:00AM CHAIR YOGA	