

July 2024 Fitness Class Schedule

Classes Subject to change – Check MONTCRC.COM or our Facebook page for most current updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Strength, Core & More–9:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	2 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	3 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	4 Happy 4th of July No Classes	5 No HIIT Class	6 Zumba – 9:00 AM Spin – 9:00 AM
7 No Fitness Classes	8 Strength, Core & More–9:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	9 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	10 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	11 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Pilates/Barre - 7:30 PM	12 HIIT Class – 9:30 AM	13 Zumba – 9:00 AM Spin – 9:00 AM
14 No Fitness Classes	15 Strength, Core & More–9:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	16 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	17 No HIIT Class Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	18 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Pilates/Barre - 7:30 PM	19 HIIT Class – 9:30 AM	20 Zumba – 9:00 AM Spin – 9:00 AM
21 No Fitness Classes	22 Strength, Core & More–9:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	23 No Dance Party Stability – 11:00 AM Barre – 5:45 PM	24 HIIT Class – 8:30 AM Tabata – 9:30 AM No Strengthen & Tone No Cardio Circuit Zumba Toning – 6:15 PM Spin- 6:30 PM	25 No Dance Party No Yoga Stretch Yoga – 6:15 PM Pilates/Barre - 7:30 PM	26 No HIIT Class	27 Zumba – 9:00 AM Spin – 9:00 AM
28 No Fitness Classes	29 Strength, Core & More–9:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM No Pilates/Barre No Yoga	30 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	31 HIIT Class – 8:30 AM No Tabata Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM No Zumba Toning Spin- 6:30 PM			