

WYO FIT CLUBS OF HARLEYSVILLE GROUP FITNESS

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am Hardcore Bootcamp <i>Nicole</i>	9:00-9:55am Zumba <i>Gina</i>	5:45-6:45am Sweat & Strength <i>Nicole</i>	9:00-9:55am Zumba <i>Gina</i>	5:45-6:45am Spin <i>Chris</i>	8:30-9:25am Bootcamp <i>Randy</i>	8:30-9:30am Spin <i>Sandra</i>
9:30-10:30am Group Power <i>Karen</i>	10:00-11:00am Yoga <i>Karen</i>	9:00-10:00am Cardio Barre <i>Gina</i>	10:00-11:00am Yoga <i>Caitlyn</i>	8:00-9:00am Pilates <i>Gina</i>	9:00-10:00am Spin <i>Taylor</i>	9:30-10:30am Group Power <i>Lorie T</i>
11:15-12:00pm Silver Sneakers Circuit <i>Annette</i>	11:15-12:00pm Silver Sneakers Classic <i>Lisa</i>	10:15-11:00am Adult Active <i>Lorie T</i>	11:15-12:00pm Moving to the Oldies <i>Randy</i>	9:15-10:00am Cardio Strength Core <i>Randy</i>	9:30-10:25am Zumba <i>Lori U</i>	
5:30-6:25pm Pound <i>Lorie T & Chelsea</i>	5:30-6:30pm Spin <i>Tim</i>	11:15-12:00pm Silver Sneakers Yoga <i>Annette</i>	5:25-6:25pm Group Power <i>Lorie T</i>	10:15-11:00am Silver Sneakers Circuit <i>Annette</i>	10:30-11:30am Yoga <i>Karen/Rachael</i>	
6:30-7:30pm Pilates Yoga Fusion <i>Gina</i>	6:00-7:00pm Group Power <i>Lorie T</i>	2:00-2:45pm Silver Sneakers Circuit <i>Lisa</i>	6:30-7:25pm Zumba <i>Amanda</i>	11:15-12:00pm Silver Sneakers Classic <i>Lisa</i>		
	7:00-8:00pm Zumba <i>Lori U</i>	5:30-6:25pm Bootcamp <i>Randy</i>	7:30-8:15pm Core <i>Randy</i>			
		6:30-7:30pm Yoga <i>Rachael</i>				

