

July 18th - 24th SUMMER FUN

18th

6:00 – 7:00 AM	Hip Hop	Cycle
9:00 – 10:00 AM	Beach Ball Blast	Lap Pool
9:15 – 10:15 AM	Hippie 60's	Cycle
5:00 – 6:00 PM	Team Kick	Studio 1
6:00 – 7:00 PM	Latin Rhythms	Cycle
7:15 – 8:15 PM	50's Sock Hop Dance	Studio 1
7:15 – 8:15 PM	Hard Rock	Cycle

19th

9:30 – 10:30 AM	Movie Themes	Cycle
4:30 – 5:00 PM	Beach Ball Fun	Studio 2
5:15 – 6:15 PM	Tiki Groove	Studio 1
6:30 – 7:30 PM	70's Disco	Cycle

20th

5:45 – 6:45 AM	Beach Body Workout	Studio 1
8:30 – 9:30 AM	Beach Body Workout	Studio 1
9:15 – 10:15 AM	Latin Rhythms	Cycle
10:30 – 11:30 AM	Patriotic Power	Studio 1
6:00 – 7:00 PM	Sounds of the Year 2000	Cycle

21st

9:15 – 10:15 AM	Club Cycle	Cycle
11:05 – 12:05 PM	Group Active (Mardi Gras Mayhem)	Studio 1
4:30 – 5:30 PM	Black Light Cycle Party	Cycle
6:00 – 7:00 PM	Hip Hop	Cycle
6:00 – 7:00 PM	Sculpting by the Sea	Therapy Pool

22nd

5:45 – 6:45 AM	Hip Hop	Cycle
9:30 – 10:30 AM	Dance Beats	Cycle
6:00 – 7:00 PM	Couples Yoga	Studio 2
6:00 – 7:00 PM	Team Kick	Studio 1

23rd

7:30 – 8:30 AM	NY City Club Theme	Cycle
9:00 – 10:00 AM	70's Disco	Cycle
9:00 – 10:00 AM	Beach Ball Splash	Lap Pool
11:45 – 12:45 PM	Tiki Groove	Studio 1

24th

8:15 – 9:15 AM	Movie Themes	Cycle
9:30 – 10:30 AM	Beach Ball Blast	Lap Pool
9:30 – 10:30 AM	Caribbean Carnival Ride	Cycle
10:30 – 11:30 AM	Patriotic Power	Studio 1

For more information, please contact Debbie at
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