

The Falls Group Fitness Schedule

JULY

www.thefallsathleticclub.com

687-6080

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Events
5:15 AM Spinning Judy	5:15 AM BODYPUMP Judy	5:15 AM Spinning Judy	5:15 AM Bodysculpt Judy	5:15 AM Interval Training Judy			 JULY 4TH Weekend No classes held Sat, July 3rd and Sun, July 4th Monday, July 5th 5:15 am Spin-Judy 9:00 am Zumba-Dee 5:45 pm Spin-Beth (No Gravity July 5th) 
9:00 AM Spinning Beth	9:00 AM STEP Sandra	9:00 AM Cardio Interval Dee	9:00AM Spinning Beth	9:00 AM BODYPUMP Beth	9:15AM Spinning Beth		
10:00 AM *Gravity Strength Sheila / Beth	9:00 AM *Gravity Strength Beth	10:00 AM Bodysculpt Sandra	10:00 AM <i>PowerYoga</i> Lana	10:00 AM <i>ZUMBA!</i> Destiny & Dee	10:15AM BODYPUMP EXPRESS	2:00 PM <i>ZUMBA!</i> Lana	
10:00 AM Bodysculpt Beth & Dee	10:00 AM <i>ZUMBA & Tone</i> Dee & Lana			10:45 AM *Gravity Strength Sheila	10:45 AM STEP EXPRESS D'Lynn	3:00 PM *Gravity Strength Sheila	
10:45 AM Cardio Tennis Eric	11:00 AM Water Aerobics Bea	11:15 AM CardioTennis Eric	11:00 AM *EZ Gravity Beth		11:00 AM Water Aerobics Bea		
5:00 PM *Gravity Strength Beth	5:00 PM EZ SPIN Beth			 Pool Hours Tuesday - Sunday Noon - 7:00 PM (closed Mondays)			Get ready for our all new program launches! STEP LAUNCH will be held Monday, July 12th, 6:45 p.m.  LAUNCH will be held Tuesday, July 13th 5:45 PM Reservation sheets provided outside group fitness room! Sign up and join the fun
5:15 Legs Buns 5:30 ABS Sheila		5:15 Legs Buns 5:30 ABS Beth		The FALLS TENNIS & ATHLETIC CLUB ~ 687-6080 Hours: Mon - Thurs 4:30 am - 10:00 pm Friday 4:30 am - 8:00 pm Saturday 8:00 am - 8:00 pm Sunday 12:00 pm - 8:00 pm For additional information, visit our website: www.thefallsathleticclub.com			
5:45 PM Spinning Beth	5:45 PM BODYPUMP Beth	5:45 PM Spin Circuit Beth	5:45 PM STEP Sandra				
6:45 PM STEP Sandra	6:45 PM <i>ZUMBA!</i> Dee	5:45 PM <i>ZUMBA!</i> Lana	6:45 PM BODYPUMP D'Lynn				
				*Reservations required for all GRAVITY classes. \$5 per class fee for Gold members. Platinum members receive one class free per week. Please visit the Member Services Desk for registration and additional information.			
Please note that a class must have an average of ten participants per week for the month or it is subject to change or cancellation.							