



Dexter Group Ex Class Schedule Independence Day Weekend

FRIDAY, July 1st Center Hours: 5am-7pm	SUNDAY, July 3rd Center Hours: 7am-1pm
<p><u>6:00 am *** Full Body HIIT</u> Amanda /AS</p> <p><u>7:00 am *Aqua Easy Movement</u> Julie P. /WARM</p> <p><u>8:30 am **Yoga/Pilates Hybrid (45)</u> Cheryl G. /MBS</p> <p><u>9:15 am *YIN Yoga (45)</u> Cheryl G. /MBS</p> <p><u>9:45 am **Foam Roller (45)</u> Kari G. /CHE Virtual & Live @CHE</p> <p><u>11:15am **Senior Power</u> Sally S. / CHE Virtual & Live @CHE</p>	<p><u>8:30 am ***HIIT</u> Jessica H./AS</p>
	<p>MONDAY, JULY 4TH INDEPENDENCE DAY Center Hours: 7am-Noon</p>
	<div style="display: flex; align-items: center;">  <p style="margin: 0;"><u>8:15 am **Group Cycling</u> Brittany H. /CS</p> <p style="margin: 0;"><u>8:30 am ***Cardio Strength</u> Stephane O. / AS</p> <p style="margin: 0;"><u>9:45 am **Aqua Power</u> Stephanie /LAP</p> </div>
SATURDAY, July 2nd Center Hours: 7am-1pm	TUESDAY, July 5th Center Hours: 5am-8pm
<p><u>7:15 am **Vinyasa Yoga</u> Rhonda C. /MBS</p> <p><u>8:30 am **Aqua Power</u> Rhonda C. /LAP</p> <p><u>8:30 am **BODYPUMP™</u> Sarah V. / CHE Virtual & Live @CHE</p> <p><u>9:00 am **Barre</u> Amy H. /AS</p> <p><u>10:00am **Zumba®</u> Julie M. /AS</p>	<p><u>9:00 am *Aqua Energize</u> Stephanie O. /WARM</p> <p><u>9:30am **WERQ</u> Lauren H. /AS</p> <p><u>9:30 am *Yoga</u> Cheryl / Suzanne /MBS</p> <p><u>10:30am *Pilates Level I</u> Stephanie O. /MBS</p> <p><u>10:30am **Kettlebell AMPD</u> Lauren H. /AS</p> <p><u>10:30 am *Chair Yoga</u> Jeanette B. / CR Virtual & Live @DEX</p> <p><u>5:00pm **Pound®</u> Julie M. /AS</p> <p><u>5:00pm **HIGH Fitness</u> Chloe O. / MBS</p> <p><u>5:30 pm *Gentle Yoga & Guided Meditation</u> Julie M. /AS</p> <p><u>6:00 pm **Barre</u> Amy H. /MBS</p> <p><u>6:00 pm **BODYPUMP™</u> Sarah V. / CHE Virtual & Live @CHE</p>

