

Class Schedule

A class for every **AGE. BODY. GOAL. INTEREST. FITNESS LEVEL.**



24/7 Fitness Club
Our Community
Our Club

June 2025

MON	TUE	WED	THU	FRI	SAT
2 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	3 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	4 6:30 p.m. - Pound 7:30 p.m. - Yoga	5 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	6	7
9 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	10 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Body Sculpt	11 6:30 p.m. - Pound 7:30 p.m. - Yoga	12 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	13 Fitness Rave Event: 7:00pm Neon colors encouraged	14
16 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound	17 11:00 a.m. - Silver Sneakers Yoga 7:30 p.m. - Boxing Class	18 6:30 p.m. - Magical Moves Family Workout - (see front desk for details) 7:30 p.m. - Yoga	19 11:00 a.m. - Silver Sneakers Cardio	20	21
23 11:00 a.m. - Silver Sneakers - Instructor Elizabeth 6:30 p.m. - Yoga 7:30 p.m. - Pound	24 11:00 a.m. - Silver Sneakers Yoga 6:30 p.m. - Spin 7:30 p.m. - Boxing Class	25 6:30 p.m. - Pound 7:30 p.m. - Yoga	26 11:00 a.m. - Silver Sneakers Cardio 6:30 p.m. - Boot Camp 7:30 p.m. - Barre Fusion	27	28
30 11:00 a.m. - Silver Sneakers 6:30 p.m. - Yoga 7:30 p.m. - Pound					

VIEW CLASS DESCRIPTIONS, MEET THE INSTRUCTORS AND MUCH MORE AT: **24sevenfitnessclub.com**