AMERICA 250™

Semiquincentennial STRONG

THEMED CLASS SCHEDULE

Wednesday, July 1

10AM — Freedom Ride for All with Chick (L21)
6PM — BodyPump: Built for the Bold with Lynn (L12)

Thursday, July 2

7:30AM — Pyramid of Power: 250 Strong with Marie (L14)
6PM — Red, White & Bootcamp with Vicki (L12)

Friday, July 3

9AM — Fire-WERQ with Xenia (L12)

Monday, July 6

9AM — Red, White & Blue Yoga with Shiree (MPR)
5:30PM — Cycle of Independence with Amanda (L21)
7:15PM — WERQ Like a Founding Boss with Xenia (L14)

Tuesday, July 7

9AM — Freedom Fiesta Zumba with Nicole (L12)
10AM — Red, White & Gold: Zumba Gold with Nicole (L12)
6PM — WERQ in the USA with Xenia (L14)

Wednesday, July 8

10AM — One Nation Ride with Chick (L21)
6PM — BodyPump for Freedom with Lynn (L12)