

# HUNT FITNESS CENTER GROUP EXERCISE

# JULY

## MONDAY

12PM - Yoga w/ Melissa - MP1  
5:30PM - Zumba Toning w/ Rolanda - MP1  
6PM - Bootcamp w/ Melanie - MP2

## TUESDAY

6PM - Yoga w/ Laurie - MP1

## WEDNESDAY

9AM - Pilates w/ Liz - MP2  
10AM - Get Pumped w/ Liz - MP2  
12PM - Yoga w/ Melissa - MP1  
6PM - Bootcamp w/ Tiffany - MP2  
6PM - Zumba w/ Rolanda - MP1

## THURSDAY

9AM - Yoga w/ Liz - MP2  
10AM - Bodyweight Tobata w/ Liz - MP2  
11AM - Zumba w/ Melanie R. - MP2  
6PM - Bootcamp w/ Melanie - MP2  
7PM - Yoga w/ Laurie - MP1

## FRIDAY

9AM - Barre/Pilates w/ Michelle - MP1  
10AM - Yoga w/ Michelle - MP1  
12PM - Meditation w/ Aarti - MP1

## SATURDAY

9AM - Zumba w/ Solimar - MP2



## CLASS INFORMATION

- MEMBERSHIP OR DAYPASS REQUIRED TO ATTEND
- SCHEDULE SUBJECT TO CHANGE
- **CLOSED JULY 4TH**
- **NO CLASSES JULY 2ND OR 5th**



**HOLLY  
SPRINGS**  
*Parks & Recreation*