

# 4TH OF JULY WEEKEND SPECIAL SCHEDULE

## SUNSET CLASSES + GROUP TRAINING

JULY 2-6, 2026

### THURSDAY, JULY 2

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

|         |                                  |           |
|---------|----------------------------------|-----------|
| 8:30am  | <b>ATHLETIC STEP</b>             | Marty     |
| 9:15am  | <b>BARRE</b>                     | Madelaine |
| 10:15am | <b>MINDFUL FLOW &amp; YIN</b>    | Breanna   |
| 10:30am | <b>CHISEL</b>                    | Lacy Dawn |
| 11:15am | <b>YOGA FOR ATHLETIC RECOVER</b> | Amber G   |
| 11:30am | <b>HIGH YO</b>                   | Lacy Dawn |
| 12:15pm | <b>HOT PILATES BURN</b>          | Amber G   |
| 12:15pm | <b>SILVER FIT</b>                | Jordan    |
| 5:30PM  | <b>BARRE</b>                     | Micah     |
| 5:30pm  | <b>HIGH FITNESS 30</b>           | Lacy Dawn |
| 6:00pm  | <b>HIGH YO 30</b>                | Lacy Dawn |
| 6:30pm  | <b>LDUB CLUB</b>                 | Laci      |

#### GROUP TRAINING

*\*ZONE/GROUP TRAINING MEMBERSHIP REQUIRED\**

|        |                         |         |
|--------|-------------------------|---------|
| 6:00am | <b>TREAD &amp; TURF</b> | Jordan  |
| 8:30am | <b>TOTAL</b>            | Amber G |

#### ATHLETIC REFORMER

*\*REFORMER MEMBERSHIP REQUIRED\**

|        |                |          |
|--------|----------------|----------|
| 6:30am | <b>BURN 45</b> | Nicole S |
| 8:30am | <b>BURN 45</b> | Jordan   |
| 9:30am | <b>BURN 45</b> | Jordan   |
| 5:30pm | <b>BURN 45</b> | Erika    |

### FRIDAY, JULY 3

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

|         |                        |          |
|---------|------------------------|----------|
| 6:00am  | <b>BARRE</b>           | Danielle |
| 7:15am  | <b>SILVER FIT</b>      | Jordan   |
| 8:25am  | <b>HIGH FITNESS</b>    | Stacy    |
| 9:15am  | <b>VINYASA</b>         | Micah    |
| 9:30am  | <b>LDUB CLUB</b>       | Laci     |
| 10:15am | <b>PILATES BURN</b>    | Micah    |
| 10:40am | <b>HEALTHY POSTURE</b> | Lorri    |

#### GROUP TRAINING

*\*ZONE/GROUP TRAINING MEMBERSHIP REQUIRED\**

|        |                 |       |
|--------|-----------------|-------|
| 6:00am | <b>TOTAL</b>    | Devin |
| 9:30am | <b>H.I.I.T.</b> | Devin |

#### ATHLETIC REFORMER

*\*REFORMER MEMBERSHIP REQUIRED\**

|        |                 |         |
|--------|-----------------|---------|
| 6:00am | <b>BURN 45</b>  | Amber G |
| 7:00am | <b>BURN 45</b>  | Amber G |
| 8:00am | <b>SWEAT 45</b> | Amber G |

### SATURDAY, JULY 4

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

|        |                     |                 |
|--------|---------------------|-----------------|
| 7:00am | <b>SUNRISE YOGA</b> | Michele         |
| 8:00am | <b>HIGH FITNESS</b> | Stacy + Heather |
| 9:00am | <b>HIGH YO</b>      | Stacy + Heather |
| 9:30am | <b>LDUB CLUB</b>    | Laci            |

#### GROUP TRAINING

*\*ZONE/GROUP TRAINING MEMBERSHIP REQUIRED\**

|         |              |        |
|---------|--------------|--------|
| 7:00am  | <b>BURN</b>  | Jordan |
| 10:00am | <b>TOTAL</b> | Jordan |

#### ATHLETIC REFORMER

*\*REFORMER MEMBERSHIP REQUIRED\**

|        |                |        |
|--------|----------------|--------|
| 8:00am | <b>BURN 45</b> | Leslie |
| 9:00am | <b>BURN 45</b> | Leslie |

### SUNDAY, JULY 5

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

**NO CLASSES**

### MONDAY, JULY 6

#### CLASSES

*\*ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP\**

|         |                        |                   |
|---------|------------------------|-------------------|
| 6:00am  | <b>HIGH FITNESS</b>    | Danielle          |
| 8:15am  | <b>CHISEL 30</b>       | Lacy Dawn         |
| 9:00am  | <b>HIGH FITNESS</b>    | Lacy Dawn + Katie |
| 10:00am | <b>HIGH YO</b>         | Lacy Dawn + Katie |
| 10:15am | <b>MAT PILATES</b>     | Tara              |
| 10:40am | <b>HEALTHY POSTURE</b> | Lorri             |
| 4:15pm  | <b>HEALTHY POSTURE</b> | Lorri             |
| 5:30pm  | <b>POWER FLOW</b>      | Micah             |
| 5:30pm  | <b>CHISEL</b>          | Jordan            |
| 6:30pm  | <b>BARRE</b>           | Kara A            |
| 6:30pm  | <b>LDUB CLUB</b>       | Laci              |
| 7:30pm  | <b>RIOT</b>            | Lacy Dawn         |

#### GROUP TRAINING

*\*ZONE/GROUP TRAINING MEMBERSHIP REQUIRED\**

|         |                             |        |
|---------|-----------------------------|--------|
| 6:00am  | <b>TOTAL</b>                | Jordan |
| 9:30am  | <b>TOTAL</b>                | Jordan |
| 12:15pm | <b>FITNESS FUNDAMENTALS</b> | Jordan |

#### ATHLETIC REFORMER

*\*REFORMER MEMBERSHIP REQUIRED\**

|         |                |         |
|---------|----------------|---------|
| 9:00am  | <b>BURN 45</b> | Heather |
| 10:00am | <b>BURN 45</b> | Heather |
| 5:30pm  | <b>BURN 45</b> | Amber G |



SCAN THE QR CODE  
TO SEE A FULL  
LIST OF CLASSES