







# August 2023 Group Exercise Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<a href="http://www.progressfitnesspa.com">www.progressfitnesspa.com</a> 717-972-0322 2201 Paxton Church Road		<b>1</b> 9:30 am Zumba@- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba@ -Kristen	<b>2</b> 5:30 am Cycling- Vickie 9:15 am Tabata & Toning-Liza  5:15 pm Cycling- Ilene	<b>3</b> 10:00 am Mat Pilates Elaine  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	<b>4</b> 9:00 am Yoga- Marty (virtual only) 10:30 am Line Dancing (advanced) Jackie	<b>5</b> 8:00 am Step- Vickie  	
	<b>6</b> 8:15 am Cycling- Liza  	<b>7</b> 9:15 am Boot Camp Vickie	<b>8</b> 9:30 am Zumba@- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba@ -Kristen	<b>9</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza  5:15 pm Cycling- Ilene	<b>10</b> 10:00 am Mat Pilates Elaine  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	<b>11</b> 9:00 am Yoga- Marty (virtual only) 10:30 am Line Dancing (advanced) Liza	<b>12</b> 8:00 am Step- Vickie
	<b>13</b> 8:15 am Cycling- Liza	<b>14</b> 9:15 am Boot Camp Vickie	<b>15</b> 9:30 am Zumba@- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba@ -Kristen	<b>16</b> 5:30 am Cycling- Dave 9:15 am Tabata & Toning- Liza  5:15 pm Cycling- Ilene	<b>17</b> 10:00 am Mat Pilates Elaine  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	<b>18</b> 9:00 am Yoga- Marty <b>Cancelled</b> 10:30 am Line Dancing (advanced) Liza	<b>19</b> 8:00 am Step- Vickie  
	<b>20</b> 8:15 am Cycling- Liza	<b>21</b> 9:15 am Boot Camp Vickie	<b>22</b> 9:30 am Zumba@- Paula  5:30 pm Yoga – Sharon 6:30 pm Zumba@ -Kristen	<b>23</b> 5:30 am Cycling- Cara 9:15 am Tabata & Toning- Liza  5:15 pm Cycling- Ilene	<b>24</b> 10:00 am Mat Pilates Elaine  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy	<b>25</b> 9:00 am Yoga- Marty (in person & virtual) 10:30 am Line Dancing (advanced) Liza	<b>26</b> 8:00 am Step- Vickie
	<b>27</b> 8:15 am Cycling- Liza	<b>28</b> 9:15 am Boot Camp Vickie	<b>29</b> 9:30 am Zumba@- <b>Cancelled</b>  5:30 pm Yoga – Sharon 6:30 pm Zumba@ -Kristen	<b>30</b> 5:30 am Cycling- Vickie 9:15 am Tabata & Toning- Liza  5:15 pm Cycling- Ilene	<b>31</b> 10:00 am Mat Pilates Elaine  5:45 pm Line Dancing (beginner) Liza 6:30 pm Zumba@- Joy		<b>Non-member drop-in rate is only \$5! And, your very first class is FREE!</b>