



# July 2022 Fitness Schedule

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aquacise#1 8:30-9:30		Aquacise#1 8:30-9:30		Aquacise#1 8:30-9:30	Open 8-4
Aquacise#2 9:30-10:30		Aquacise#2 9:30-10:30		Aquacise#2 9:30-10:30	
Hundred's Club 9:30-10:30 Josh		Hundred's Club 9:30-10:30 Josh		Hundred's Club 9:30-10:30 Josh	
Aquacise#3 10:30-11:30		Aquacise#3 10:30-11:30		Aquacise#3 10:30-11:30	
Functional Fitness 6:15-7:00 Kali	Restorative 'Polarfleece' Yoga 4:30-6:00 pm Kali	Functional Fitness 6:15-7:00 Kali			Closed
Aqua Fit & Fun 6:00-7:00pm		Aqua Fit & Fun 6:00-7:00pm	Let's Get Started! 5:30-6:30pm Josh		Sundays
Slow Flow Yoga 7:00-7:45pm Kali		Slow Flow Yoga 7:00-7:45pm Kali	Adult Climbing 6:00-8:00pm		

**CLOSED**  
**MONDAY**  
**JULY 4TH**  
HAVE A GREAT  
HOLIDAY!