

# POP UP GROUP EXERCISE CLASSES

## August 2024

| Sun       | Mon  | Tue   | Wed   | Thu   | Fri   | Sat       |
|-----------|--|---|---|---|---|-----------|
|           |  |   |   | <b>1</b><br><b>Skyline Greenspace-Downtown</b><br>12:30pm-1:15pm- Yoga<br><br><b>Indian Trails Pavilion- SW</b><br>5:30-6:30pm- HIIT  | <b>2</b>  | <b>3</b>  |
| <b>4</b>  | <b>5</b>   | <b>6</b><br><b>Skyline Greenspace-Downtown</b><br>12:30pm-1:15pm- Yoga  | <b>7</b>  | <b>8</b><br><b>Skyline Greenspace-Downtown</b><br>12:30pm-1:15pm- Yoga<br><br><b>Indian Trails Pavilion- SW</b><br>5:30-6:30pm- HIIT  | <b>9</b>  | <b>10</b> |
| <b>11</b> | <b>12</b><br><b>Electric Works</b><br>9:00am-10:00am-HI/LOW®<br><br><b>Morsches Park-Columbia City</b><br>9:00-10:00 am-LIIT<br><br><b>Electric Works</b><br>6:00pm-7:00pm- Zumba® | <b>13</b><br><b>Skyline Greenspace-Downtown</b><br>12:30pm-1:15pm- Yoga | <b>14</b><br><b>Morsches Park-Columbia City</b><br>9:00-10:00 am-LIIT                         | <b>15</b><br><b>Skyline Greenspace-Downtown</b><br>12:30pm-1:15pm- Yoga<br><br><b>Indian Trails Pavilion- SW</b><br>5:30-6:30pm- HIIT | <b>16</b>   | <b>17</b> |
| <b>18</b> | <b>19</b><br><b>Electric Works</b><br>6:00pm-7:00pm- Zumba®  | <b>20</b><br><b>Skyline Greenspace-Downtown</b><br>12:30pm-1:15pm- Yoga | <b>21</b><br><b>Praise Park-Near the Jackson Lehman YMCA</b><br>Cardio Intervals-6:00-7:00 pm | <b>22</b><br><b>Skyline Greenspace-Downtown</b><br>12:30pm-1:15pm- Yoga<br><br><b>Indian Trails Pavilion- SW</b><br>5:30-6:30pm- HIIT | <b>23</b><br><b>Morsches Park-Columbia City</b><br>9:00-10:00 am-LIIT | <b>24</b> |
| <b>25</b> | <b>26</b>  | <b>27</b>   | <b>28</b><br><b>Morsches Park-Columbia City</b><br>9:00-10:00 am-LIIT                         | <b>29</b>   | <b>30</b>   | <b>31</b> |