

# JULY 2025

## HUNTINGTON POINTE FITNESS CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	9:00-9:50 AM ZUMBA MIRYAM		8:30-9:20 AM CHAIR SCULPT SHARON	8:30-9:20 AM AEROBICS BENY	8:30-9:20 AM 20/20/20 SHARON
9:30-10:30 AM WATER AEROBICS JUDY		9:30-10:30 AM WATER AEROBICS SEPTEMBER	9:30-10:30 AM WATER AEROBICS HAPPY	9:30-10:30 AM WATER AEROBICS AMY	10:00-11:00 AM WATER AEROBICS MICAH
	10:00-10:50 AM GENTLE MAT YOGA ALLIE		9:30-10:20 AM ZUMBA CRIS		10:00-10:50 AM CHAIR FITNESS FOR SENIORS CAMILLE
1:00-1:50 PM TAI CHI ECHO (SUB)	11:00-11:50 AM CHAIR YOGA ALEX	11:00-11:50 AM FUNCTIONAL FITNESS BENY	11:00-11:50 AM CHAIR YOGA LEIZA		
2:00-2:50 PM LATIN CARDIO CRIS (SUB)			12:00-12:50 AM SENIOR PLUS CHAIR YOGA ALEX		
3:15-4:05 PM BALANCE JONATAN		4:15-5:05 PM BALANCE JONATAN		4:15-5:05 PM BALANCE JONATAN	

### UPCOMING HOLIDAY CLASS CANCELLATIONS:

7/4 FRIDAY -  
INDEPENDENCE DAY

9/1 MONDAY -  
LABOR DAY

9/22 MONDAY -  
ROSH HASHANAH  
(NO CLASSES AFTER 12:30PM)

9/23 TUESDAY -  
ROSH HASHANAH

9/24 WEDNESDAY -  
ROSH HASHANAH

10/1 WEDNESDAY -  
YOM KIPPUR  
(NO CLASSES AFTER 12:30PM)

10/2 THURSDAY -  
YOM KIPPUR

11/26 WEDNESDAY -  
PRE-THANKSGIVING

11/27 THURSDAY -  
THANKSGIVING

11/28 FRIDAY -  
THANKSGIVING (DAY AFTER)

12/24 WEDNESDAY -  
CHRISTMAS EVE

12/25 THURSDAY -  
CHRISTMAS DAY

12/31 WEDNESDAY -  
NEW YEAR'S EVE



### PLEASE NOTE:

BEBE WILL BE ABSENT  
FROM MON 6/30-MON  
7/28 AND SUBS WILL BE  
IN PLACE FOR HER  
CLASSES. ALL TAI CHI  
CLASSES WILL RESUME  
NORMALLY ON MON 8/4.



"Keep your face always toward the sunshine—and  
shadows will fall behind you."

— WALT WHITMAN