


























April 28th to May 4th

GROUP FITNESS



SUNDAY 4/28	MONDAY 4/29	TUESDAY 4/30	WEDNESDAY 5/1	THURSDAY 5/2	FRIDAY 5/3	SATURDAY 5/4
	 6:15-6:45AM TRX (Christy)		 6:05-7:00AM Spinning (Kim)		 6:15-6:45AM TRX (Kari)	
					 7:30-8:30AM Power Yoga (Christy)	
	 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Kim)	 8:00-9:00AM Power Core (Ivazina)
	 9:30- 10:30AM Zumba® (Emily)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Cardio Dance (Emily)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Zumba® (Courtney)	 9:30-10:45AM Vinyasa Yoga (Marissa)
			 11:30-12:15PM Ski Fit (Delana)		 11:00-12:00PM Gentle Yoga for Mobility (Meghan)	 11:00-12:00PM Zumba® (Courtney)
 4:30-5:30PM Yin Yoga (Leanne)				 4:00- 6:00PM Karate Club (Alyssa)	 4:30-5:30PM AFLOW (Heather)	
	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:45PM Power Yoga (Christy)	 5:15-6:15PM Strength & Core (Ivazina)			
	 6:30-7:30PM Vinyasa Yoga (Kelly)		 6:30-7:30PM Vinyasa Yoga (Kelly)	 6:30-7:30PM Pilates (Leanne)		



*PLEASE CHECK WEBSITE OR ASK OUR HOSTS AT THE FRONT DESK FOR CANCELATIONS AND UPDATES