
























May 11th thru May 17th

GROUP FITNESS



SUNDAY 5/11	MONDAY 5/12	TUESDAY 5/13	WEDNESDAY 5/14	THURSDAY 5/15	FRIDAY 5/16	SATURDAY 5/17
	 6:05-7:30 AM Core & TRX (Kari)		 6:05-7:00AM Spinning (Kim)		 6:05-7:15 AM Core & TRX (Kim)	
					 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 (Sub Needed)
 9:00-10:00 AM Swim Strong (Mike)	 9:30- 10:30AM Cardio Dance (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 (Meghan)
	 11:15-12:00PM Summer Fit (Delana)				 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 11:00-12:00PM Zumba® (Courtney)
 4:30-5:30PM Yin Yoga (Leanne)	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:30PM Power Yoga (Christy)	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:30PM Pilates, Stretch & Roll (Leanne)	 4:30-5:30PM AFLOW - Dance (Heather)	
	 6:30-7:30PM Vinyasa Yoga (Kelly)		 6:30-7:30PM Vinyasa Yoga (Kelly)			



SPINNING



DANCE



STRENGTH



YOGA



Suspension Training

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