


































# August 3rd thru August 9th

## GROUP FITNESS



SUNDAY 8/3	MONDAY 8/4	TUESDAY 8/5	WEDNESDAY 8/6	THURSDAY 8/7	FRIDAY 8/8	SATURDAY 8/9
	 6:05-7:15 AM Core & TRX (Kim)		 6:05-7:00AM Spinning (Kim)  6:05-07:00 AM Swim Strong (Mike)		 6:05-7:15 AM Core & TRX (Kari)	
		 6:30-7:30AM Get Fit Boxing (Caroline)		 6:30-7:30AM Get Fit Boxing (Caroline)	 7:30-8:30AM Power Yoga (Christy)	 8:00-9:00AM Power Core (Ivazina)
	 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Kim)	 9:00-10:00AM Yoga in the Meadow (Marissa)
 9:00-10:00 AM Swim Strong (Mike)	 9:00-10:00AM Water Aerobics (Ivazina)		 9:00-10:00AM Water Aerobics (Ivazina)		 9:00-10:00AM Water Aerobics (Ivazina)	 9:15-10:15AM Water Aerobics (Ivazina)
	 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- 10:30AM Zumba® (Courtney)
	 11:15-12:15PM Summer Fit (Delana)				 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 10:45-12:00PM Vinyasa Yoga (Meghan)
	 1:00-1:30PM Aqua Zumba (Courtney)				 1:00-1:30PM Aqua 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)		 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