




























September 14th thru 20th

GROUP FITNESS



SUNDAY 9/14	MONDAY 9/15	TUESDAY 9/16	WEDNESDAY 9/17	THURSDAY 9/18	FRIDAY 9/19	SATURDAY 9/20
	 6:05-7:15 AM Core & TRX (Kari)		 6:05-7:00AM Spinning (Kim)		 6:05-7:15 AM Core & TRX (Canceled)	
		 6:30-7:30AM Get Fit Boxing (Caroline)		 6:30-7:30AM Get Fit Boxing (Caroline)	 5:30-6:30PM 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 (Wendy)	
	 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 Vinyassa Yoga (Meghan)
	 11:15-12:00PM Ski Fit (Delana)			 11:15-12:00PM Ski Fit (Delana)	 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 11:00-12:00AM 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 (Meghan)		 6:30-7:30PM Vinyasa Yoga (Kelly)			



Box Fit



SPINNING



DANCE



STRENGTH



YOGA



Suspension Training

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