

October 19th through 25th

GROUP FITNESS



SUNDAY 10/19	MONDAY 10/20	TUESDAY 10/21	WEDNESDAY 10/22	THURSDAY 10/23	FRIDAY 10/24	SATURDAY 10/25
	 6:05-7:15 AM Core & TRX (Kari)	 6:30-7:30AM Get Fit Boxing (Caroline)		 6:30-7:30AM Get Fit Boxing (Caroline)	 6:05-7:15 AM Core & TRX (Kim)	
			 7:00-7:50 Ski Fit (Kim)		 7:30-8:30AM Power Yoga (Christy)	
	 8:00-9:00AM Spinning (Canceled)		 8:00-9:00AM Spinning (Kim)		 8:00-9:00AM Spinning (Kim)	 8:00-9:00AM Power Core (Ivazina)
	 9:30- 10:30AM Cardio Dance (Courtney)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Cardio Dance (Emily)	 9:30-10:45AM Vinyasa Yoga (Emily W)	 9:30- 10:30AM Zumba® (Emily)	 9:30-10:45AM Vinyasa Yoga (Marissa)
	 11:15-12:00PM Ski Fit (Delana)			 11:15-12:00PM Ski Fit (Delana)	 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 11:00-12:00PM Zumba® (Courtney)
 4:30-5:30PM Yin Yoga (Leanne)	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:30PM Power Yoga (Cancelled)	 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)			



Box Fit



SPINNING



DANCE



STRENGTH



YOGA



Suspension Training

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