

October 26th through November 1st

GROUP FITNESS



SUNDAY 10/26	MONDAY 10/27	TUESDAY 10/28	WEDNESDAY 10/29	THURSDAY 10/30	FRIDAY 10/31	SATURDAY 11/1
	6:05-7:15 AM Core & TRX (Kim)	6:30-7:30AM Get Fit Boxing (Canceled)		6:30-7:30AM Get Fit Boxing (Canceled)	6:05-7:15 AM Core & TRX (Kari)	
			7:00-7:50AM Ski Fit (Kim)		7:30-8:30AM Power Yoga (Christy)	
	8:00-9:00AM Spinning (Kim)		8:00-9:00AM Spinning (Karen)		8:00-9:00AM Spinning (Kim)	8:00-9:00AM Power Core (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)	9:30-10:45AM Vinyassa 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® (Canceled)
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 (Canceled)	
	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