

# May 10th through May 16th

## GROUP FITNESS



| SUNDAY<br>5/10  | MONDAY<br>5/11  | TUESDAY<br>5/12  | WEDNESDAY<br>5/13   | THURSDAY<br>5/14   | FRIDAY<br>5/15  | SATURDAY<br>5/16   |
|---|---|--|---|--|---|--|
|   |  6:05-7:15 AM<br>Core & TRX<br>(Kari)        |  |   |  |  6:05-7:15 AM<br>Core & TRX<br>(Kari)                  |  |
|   |   |  |  7:00-7:50AM<br>Summer Fit<br>(Kim)          |  |  7:30-8:30AM<br>Power Yoga<br>(Wendy)                  |  |
|   |  8:00-9:00AM<br>Spinning<br>(Kim)            |  |  8:00-9:00AM<br>Spinning<br>(Karen)          |  |  8:00-9:00AM<br>Spinning<br>(Kim)                      |  8:00-9:00AM<br>Power Core<br>(Ivazina)     |
|  9:00-10:00 AM<br>Swim Strong<br>(Mike) |  9:30- 10:30AM<br>Cardio Dance<br>(Emily)    |  9:30-10:45AM<br>Vinyasa Yoga<br>(Jennie) |  9:30- 10:30AM<br>Cardio Dance<br>(Emily)    |  9:30-10:45AM<br>Vinyasa Yoga<br>(Jennie) |  9:30- 10:30AM<br>Zumba®<br>(Courtney)                 |  9:30-10:45AM<br>Vinyassa Yoga<br>(Marissa) |
|   |  11:15-12:00PM<br>Summer Fit<br>(Delana)     |  |   |  |  10:45-12:00PM<br>Gentle Yoga for<br>Mobility (Meghan) |  11:00-12:00PM<br>Zumba®<br>(Courtney)      |
|  4:30-5:30PM<br>Yin Yoga<br>(Meghan)    |  5:15-6:15PM<br>Strength & Core<br>(Ivazina) |  5:30-6:30PM<br>Power Yoga<br>(Wendy)     |  5:15-6:15PM<br>Strength & Core<br>(Ivazina) |  |  4:30-5:30PM<br>AFLOW - Dance<br>(Heather)             |    |
|   |  6:30-7:30PM<br>Vinyasa Yoga<br>(Kelly)    |  |  6:30-7:30PM<br>Vinyasa Yoga<br>(Meghan)   |  |   |  |



Box Fit



SPINNING



DANCE



STRENGTH



YOGA



Suspension Training

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