




May 17th through May 23rd

GROUP FITNESS



SUNDAY 5/17	MONDAY 5/18	TUESDAY 5/19	WEDNESDAY 5/20	THURSDAY 5/21	FRIDAY 5/22	SATURDAY 5/23
	 6:05-7:15 AM Core & TRX (Kari)				 6:05-7:15 AM Core & TRX (Kari)	
			 7:00-7:50AM Summer Fit (Kim)		 7:30-8:30AM Power Yoga (Wendy)	
	 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Kim)	 8:00-9:00AM Power Core (Ivazina)
 9:00-10:00 AM Swim Strong (Mike)	 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® (Char)	 9:30-10:45AM Vinyassa Yoga (Marissa)
	 11:15-12:00PM Summer Fit (Delana)				 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 11:00-12:00PM Zumba® (Courtney)
 4:30-5:30PM Yin Yoga (Meghan)	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:30PM Power Yoga (Wendy L)	 5:15-6:15PM Strength & Core (Ivazina)		 4:30-5:30PM AFLOW - Dance (Heather)	
	 6:30-7:30PM Vinyasa Yoga (Emily W)		 6:30-7:30PM Vinyasa Yoga (Meghan)			



Box Fit



SPINNING



DANCE



STRENGTH



YOGA



Suspension Training

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