

May 24th through May 30th

GROUP FITNESS



| SUNDAY 5/24 | MONDAY 5/25 | TUESDAY 5/26 | WEDNESDAY 5/27 | THURSDAY 5/28 | FRIDAY 5/29 | SATURDAY 5/30 |
|---|--|--|---|--|---|--|
| |  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 (Christy) | |
| |  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 (Courtney) |  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 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 (Courtney) |  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 (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