

September 20th through September 26th

GROUP FITNESS



SUNDAY 9/20	MONDAY 9/21	TUESDAY 9/22	WEDNESDAY 9/23	THURSDAY 9/24	FRIDAY 9/25	SATURDAY 9/26
	 6:05-7:00 AM TRX (Kari)	 6:30 -7:30 AM Get Fit Boxing (Caroline)			 6:05-7:15 AM TRX (Kari)	
			 7:00-8:00AM Summer Fit (Kim)		 7:45-8:45AM 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 (Emily)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Cardio Dance (Courtney)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Zumba® (Courtney)	 9:30-10:45AM Vinyasa Yoga (Marissa)
	 11:15-12:00PM Summer Fit (Delana)				 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 11:00- 12:00AM Zumba® (Courtney)
 4:30-5:30PM Yin Yoga (Meghan)	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:30PM Power Yoga (Christy)	 5:15-6:15PM Strength & Core (Ivazina)	 5:00 -6:00 PM Get Fit Boxing (Caroline)	 4:30-5:30PM AFLOW - Dance (Heather)	
	 6:30-7:30PM Vinyasa Yoga (Kelly)		 6:30-7:30PM Vinyasa Yoga (Kelly)			



SPINNING



DANCE



STRENGTH



YOGA



Suspension Training

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