

September 27th through October 3rd

GROUP FITNESS



SUNDAY 9/27	MONDAY 9/28	TUESDAY 9/29	WEDNESDAY 9/30	THURSDAY 10/1	FRIDAY 10/2	SATURDAY 10/3
	 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 (Kari)		 7:45-8:45AM Power Yoga (Christy)	
	 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Wendy)	 8:00-9:00AM Power Core (Ivazina)
 9:00-10:00 AM Swim Strong (Cancelled)	 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 Vinyasa Yoga (Meghan)
	 11:15-12:00PM Summer Fit (Delana)				 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 11:00- 12:00AM AFLOW (Heather)
 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 (Meghan)		 6:30-7:30PM Vinyasa Yoga (Kelly)			



SPINNING



DANCE



STRENGTH



YOGA



Kids Friendly

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