June 1st thru June 7th

GROUP FITNESS



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	6/1	6/2		6/3		6/4		6/5		6/6		6/7	
			6:05-7:30 AM				6:05-7:00AM				6:05-7:15 AM		
			Core & TRX				Spinning				Core & TRX		
			(Kari)				(Wendy)				(Kari)		
				0	6:30-7:30AM			0	6:30-7:30AM	0	7:30-8:30AM		
					Get Fit Boxing				Get Fit Boxing		Power Yoga		
					(Caroline)				(Caroline)		(Christy)		
			8:00-9:00AM		,		8:00-9:00AM		,		8:00-9:00AM		8:00-9:00AM
			Spinning			CS	Spinning			(22)	Spinning		Power Core
			(Karen)				(Karen)				(Wendy)		(Ivazina)
	9:00-10:00 AM		9:30- 10:30AM		9:30-10:45AM		9:30- 10:30AM		9:30-10:45AM		9:30- 10:30AM		9:30-10:45AM
<u></u>	Swim Strong		Cardio Dance		Vinyasa Yoga		Cardio Dance				Zumba®		Vinyasa Yoga
	(Mike)		(Emily)		(Jennie)		(Emily)		Vinyasa Yoga (Jennie)		(Courtney)	•	-
	(iviike)		11:15-12:00PM		(Jennie)		(Ellilly)		(Jennie)		10:45-12:00PM		(Meghan)
			Summer Fit							3	Gentle Yoga for	%	11:00-12:00PM
			(Delana)								lobility (Meghan)		Zumba®
			(Delalia)							IV	iobility (iviegilali)		(Courtney)
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25	4:30-5:30PM		5:15-6:15PM		5:30-6:30PM	$r \leftarrow r$	5:15-6:15PM				4:30-5:30PM		
4	Yin Yoga		Strength & Core	•	Power Yoga		Strength & Core				AFLOW - Dance		
	(Leanne)		(Ivazina)		(Christy)		(Ivazina)				(Heather)		
		3	6:30-7:30PM			25	6:30-7:30PM						
		25	Vinyasa Yoga			4	Vinyasa Yoga						
			(Kelly)				(Kelly)						
	SP SP	INNING	×	DANCE		ti't	STRENGTH	15 0	YOGA	8	Suspensio	n Traini	ng







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