



# GROUP FITNESS CLASSES



Mind & Body



Dance



Cycle



High Intensity

## MONDAY



Tabata  
8:30am

Karla - ROOM A



Yoga  
8:30am

Jacki - ROOM B



Zumba  
9:30am

Vivian - ROOM A



Zumba  
6:00pm

Rosy - ROOM A

## TUESDAY



CardioBlast  
8:30am

Londa - ROOM B



Zumba  
9:30am

Rosy - ROOM A



Yoga/Med  
9:30am

Teresa - ROOM B



SHiNE  
6:00pm

Krista - ROOM A



Yoga  
6:00pm

Jacki - ROOM B

## WEDNESDAY



Strength  
8:30am

Londa - ROOM A



Yoga  
8:30am

Teresa - ROOM B



Zumba  
9:30am

Vivian - ROOM A



Tabata + Zumba  
6:00pm

Karla - ROOM A



Yoga  
5:45pm

Teresa - ROOM B

## THURSDAY



HIIT  
8:30am

Londa - ROOM B



Zumba  
9:30am

Rosy - ROOM A



Yoga Yin  
9:30am

Teresa - ROOM B



Cycle  
5:45pm

Suzanne - ROOM B

## FRIDAY



BodyBlast  
8:30am

Roberta - ROOM A



Yoga  
9:30am

Leanne - ROOM B

## SATURDAY



Yoga  
8:30am

Jacki - ROOM B

Starting  
7/11

**MEMBERS ONLY at this time (No drop-ins allowed)**

**Pre-registration Required**

No waiting outside of vestibule before/after classes; Rooms open 10 minutes prior to class start time

Please bring your own yoga mat/yoga props

Dumbbells Only in applicable classes; Leave in place for sanitation at end of class