

GROUP FITNESS CLASSES



Mind & Body











Strength

MONDAY

TUESDAY

WEDNESDAY

Stenath

8:30am

Yoaa

8:30am

Zumba

9:30am

/ivian - ROOM A

THURSDAY

FRIDAY

BodyBlast

8:30am

Roberta - ROOM A

SATURDAY

SUNDAY







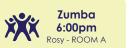












Zumba

9:30am

'ivian - ROOM A





































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

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



Permitted in Lap Lane 5 mins prior to class No equipment. After class, exit through locker room