

group exercise
INCLUDED IN MEMBERSHIP

JANUARY 11 - 17



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			ZUMBA (LIMIT 10) 5:45 - 6:30AM Instructor: Lexy Location: G2			
ZUMBA (LIMIT 10) 9:00 - 9:45AM Instructor: Brittany Location: G2	ZUMBA (LIMIT 10) 9:00 - 9:45AM Instructor: Tiffany Location: G2			ZUMBA (LIMIT 10) 9:00 - 9:45AM Instructor: Brittany Location: G2	ZUMBA (LIMIT 10) 9:00 - 9:45AM Instructor: Tiffany Location: G2	ZUMBA (LIMIT 10) 9:15 - 10:00AM Instructor: Corey Location: G2
GENTLE YOGA (LIMIT 10) 10:00 - 10:45AM Instructor: Heather Location: G2			CHAIR YOGA (LIMIT 10) 10:00 - 10:45AM Instructor: Brenda Location: G2			
	YOGA FLOW (LIMIT 10) 12:00 - 12:45PM Instructor: Steph Location: G2	SPORT YOGA (LIMIT 10) 1:00 - 1:45PM Instructor: Chris Location: G2	YOGA FLOW (LIMIT 10) 12:00 - 12:45PM Instructor: Steph Location: G2			YOGA FLOW (LIMIT 10) 12:00 - 12:45PM Instructor: Tara Location: G2
ZUMBA (LIMIT 10) 6:30 - 7:15PM Instructor: Corey Location: G2		ZUMBA (LIMIT 10) 6:30 - 7:15PM Instructor: Brittany Location: G2	YOGA FLOW (LIMIT 10) 6:00 - 6:45PM Instructor: Tara Location: G2			



Thank You - FOR DOING YOUR PART TO MAINTAIN THE SAFE USE OF OUR FACILITY.

YOUR ACTIONS MATTER. WE ARE IN THIS TOGETHER.