



# GROUP FITNESS CLASSES Fall/Winter 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Strength + Conditioning 5:30 am Jasmine	Strength + Conditioning 5:30am Brian	Strength + Conditioning 5:30 am Jasmine	All Levels Yoga 5:30 am Stephanie	
	Strength + Conditioning 9:15 am Monica	Spin 9:15 am Julie	Strength + Conditioning 9:15 am Monica	Spin 9:15 am Julie	Fatigue Friday 9:15 am Monica	Barre 9:30 am Jasmine
	Barre 10:30 am Hayley	All Levels Yoga 9:15 am Josephine	Barre 10:30 am Hayley	All Levels Yoga 9:15 am Stephanie	Barre 10:30 am Hayley	All Levels Yoga 10:45 am Laura
	All Levels Yoga 4:30pm Laura	Beginners Barre 10:30 am Hayley	Power Yoga 4:30pm Stephanie	Beginners Barre 10:30 am Hayley	Zumba Dance 5:30 pm Heidi	
	Barre 5:45 pm Hayley	All Levels HIIT 4:45 pm Jasmine	Barre 5:45 pm Hayley	RIZZMIC Dance 4:45 Krista		
	Zumba Dance 7:00 pm Heidi	All Levels Yoga 5:45pm Stephanie	Zumba Dance 7:00 pm Sharon	All Levels Yoga 6:00pm Laura		
		Zumba Dance 7:00 pm Dan		Nidra/ Guided Meditation 7:00pm Laura		

## Gym Hours

Monday - Thursday: 5am - 9pm

Friday: 5am - 7pm

Saturday - Sunday: 8am - 6pm

## KidZone Hours

Monday – Thursday: 9am – Noon & 4pm – 7pm

Friday & Saturday: 9am – Noon