



# - GROUP FITNESS - CLASS SCHEDULE -

Classes are Complimentary for Members and Guests  
Athletic Center Open Daily 6:00am-8:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FULL BODY STRENGTH TRAINING 9:00am-10:00am	PILATES 9:00am-10:00am  YOGA 4:00pm-5:15pm	FULL BODY STRENGTH TRAINING 9:00am-10:00am	YOGA 9:00am-10:15am  STRETCH & RESTORE 4:00pm-5:15pm	FULL BODY STRENGTH TRAINING 9:00am-10:00am	YOGA 9:00am-10:15am