

# SPRING FITNESS CLASSES 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30-9:15 Pilates w/ Lynn	
	9:00-9:45 Kick, Core, and More w/ Kathy		9:00-9:45 Kick, Core, and More w/ Kathy		8:45-9:45 *** Indoor Cycle w/ Matt	
10:00-11:00 YOGA w/ Scott	10:00-11:00 YOGA w/ Carol	10:00-11:00 YOGA w/ Scott	10:00-11:00 YOGA Workout w/ Scott	10:00-11:00 YOGA w/ Scott	10:00-11:00 YOGA w/ Scott	
	12:15-12:45 Movement & Mobility w/ Kathy		12:15-12:45 Movement & Mobility w/ Kathy			
	4:30-5:00 Healthy Back & Core w/ Meg		4:30-5:00 Healthy Back & Core w/ Meg			
4:45-5:45 YOGA w/ Olivia	5:15-5:45 HIIT w/ Meg	5:15-6:00 * Circuit w/ Meg	5:15-5:45 HIIT w/ Meg			
6:00-6:45 PILATES w/ Lynn	5:30-6:30 *** 30-20-10 w/ Anne	5:30-6:30 Yoga w/ Carol	5:50-6:50 TKD Dynamics	5:30-6:30 Yoga w/ Carol		studio track * cycle hall ***



