

SUMMER FITNESS CLASSES 2024

updated 7/17/24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-8:45 Pilates w/Kathy		8:00-8:45 Pilates w/Kathy			
	9:00-9:45 Cardio, Core, and More w/ Kathy		9:00-9:45 Cardio, 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 Gentle YOGA w/ Olivia	10:00-11:00 YOGA w Scott	10:00-11:00 YOGA w Scott	
	12:00-12:30 Movement & Mobility w/ Kathy		12:00-12:30 Movement & Mobility w/ Kathy			
	4:30-5:15 HIIT w Meg					
	5:30-6:30 *** 30-20-10 w Anne		4:30-5:15 HIIT w Meg			
5:30-6:30 GENTLE YOGA w/ Olivia	5:50-6:50 TKD Dynamics	5:30-6:30 Yoga w Carol	5:50-6:50 TKD Dynamics	5:30-6:30 Yoga w Carol		studio track * cycle hall ***



