

GROUP FITNESS

WE'RE BACK!

Classes begin
Monday, Aug. 17th

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Strength w/Nancy
9 am - Group Ex 2
Max Participants 15



Water Works w/Melanie
9:30 am - Lap Pool
Max Participants 12



AM Bootcamp w/Jemar
6 am - Group Ex 2
Max Participants 15



Yin Yoga w/Leslie
5:30 pm - Conference Rm
Max Participants 17



Spin w/Lane
9 am - Spin Room
Max Participants 9



Hot Yoga w/Bethany
8:30 am - Conference Rm
Max Participants 17
Starts Sept. 5



30 Min Shuffle w/Nancy
1:00 pm and 1:30 pm
Group Ex 2
Max Participants 15



Senior Bootcamp w/Kara
1 pm - Group Ex 2
Max Participants 15



Restorative/Flow Yoga
w/Leslie
10:30 am - Conference Rm
Max Participants 17



30 Min. Zumba w/Nancy
9:00 am and 9:30 am
Group Ex 2
Max Participants 15



Spin w/Paul
5:30 pm - Spin Room
Max Participants 9



PM Bootcamp w/Evan
4:30 pm - Group Ex 2
Max Participants 15

Sign up sheets for each class will be available at the Customer Service Desk 30 minutes prior to class time.

Must be present to sign up.

Early reservations will not be accepted.

Please maintain 6 feet distance from others.