



SEPTEMBER GROUP FITNESS CLASSES

MONDAY	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:30 A.M. 5:30 - 6:30 P.M.	CYCLE & TONE CYCLE & ABS TAI CHI/QI GONG FLOW YOGA	SHAUNI TORI DIANA MELANIE
TUESDAY	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:15 A.M. 5:45 - 6:30 P.M.	TOTAL BODY EXPRESS CYCLE & ABS PILATES CYCLE & TONE	SHAUNI TRACY TINA TORI
WEDNESDAY	9:00 - 10:00 A.M. 10:30 - 11:30 A.M. 6:00 - 6:45 P.M.	YOGA/PILATES TAI CHI/QI GONG CARDIO KICK	ERIKA DIANA CHRISTINE
THURSDAY	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 5:45 - 6:30 P.M.	TOTAL BODY EXPRESS CYCLE & ABS HIIT	DAWN TRACY TORI
FRIDAY	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:30 A.M.	CYCLE & TONE CYCLE & ABS TAI CHI/QI GONG	DAWN TORI DIANA
SATURDAY	8:30 - 9:30 A.M. 10:00 - 11:00 A.M.	FLOW YOGA ZUMBA	MELANIE ROXANA
SUNDAY	—	—	—

All classes are held outdoors in the backyard.

Please follow the exit signs after checking in to find your class.

Masks must be worn while in the building. We recommend that you bring your own equipment (blankets and straps) as these will not be provided.

No \$1 class fee will be collected.