

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30am <i>(60 min. unless indicated)</i>		■ TRX <i>(platform/45 min)</i>		■ Yoga <i>(GX)</i>	
11:15am <i>(45 min. unless indicated)</i>	Step I.T. <i>(GA)</i> Yoga Flow <i>(GX/50 min)</i>	Interval Training <i>(GA)</i> Yoga Stretch <i>(GX/50 min)</i>	Body Sculpt <i>(GA)</i> Yoga Challenge <i>(GX/50 min)</i> ■ Row, Ride, Stride <i>(G cardio room)</i>	■ Cardio Kickbox <i>(GA)</i> Pilates <i>(GX)</i>	Step & Core <i>(GA)</i>
12:15pm <i>(45 min. unless indicated)</i>	Tai Chi <i>(GX/50 min)</i> ■ Aqua Tabata <i>(GN)</i> ■ Resistant Functional Conditioning <i>(G strength + cardio room)</i>	■ Ballet Cardio Sculpt <i>(GA)</i> Pilates <i>(GX)</i> ■ Crew <i>(G cardio room)</i>	■ Step Challenge <i>(GA)</i>	■ Yoga for Athletes <i>(GX/50 min)</i>	Yoga Flow <i>(GX/50 min)</i> ■ Row, Ride, Stride <i>(G cardio room)</i>
1:15pm <i>(45 min. unless indicated)</i>	Body Sculpt <i>(GA)</i>				
4:30pm <i>(45 min. unless indicated)</i>			■ Resistant Functional Conditioning <i>(G strength + cardio room)</i>	Body Sculpt <i>(GA)</i>	
5:15pm <i>(75 min. unless indicated)</i>			Yoga Flow <i>(GX)</i>		
5:30pm <i>(60 min. unless indicated)</i>	Cardio & Strength <i>(GA)</i>	■ Aqua Buoy Blast <i>(GN)</i> ■ Cycle <i>(G cardio room)</i>	■ Aqua Circuits <i>(GN)</i>		



■ Class format rotates. ■ Class requires a participation number. A Health Check or Medical Evaluation is required prior to participation. Instructors may change without notice.

AUGUST 2018