

	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>)	■ BOSU Bootie Blast (<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 Kickboxing (<i>GN</i>) ■ Resistant Functional Conditioning (<i>G strength + cardio room</i>)	■ Lines In Motion (<i>GA</i>) Pilates (<i>GX</i>) ■ Crew (<i>G cardio room</i>)	■ Step 2 (<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>)	■ AquaCircuits (<i>GN</i>) ■ Cycle (<i>G cardio room</i>)	■ Aqua Tabata (<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.

JUNE 2018