

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



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

MARCH 2018