

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-7:00AM CROSS TRAINING PILATES & STRENGTH w/ Laurie	6:00AM-7:00AM CROSS TRAINING (CARDIO) w/ Laurie	6:00AM- 7:00AM CROSS TRAINING PILATES & STRENGTH w/ Laurie	6:00AM-7:00AM YOGA & TABATA w/ Laurie		
	8:15AM-9:00AM STABILITY YOGA BALL TRAINING w/ Coleen B		8:15AM-9:00AM STABILITY YOGA BALL TRAINING w/ Coleen B		
7:45AM-8:00AM ABS w/ Laurie 8:00-9:00AM YOGA W/JACKIE (Stodden Park. Vet Memorial)	9:15AM-9:45AM JUST DANCE w/ Laurie	7:45AM-8:00AM ABS w/ Laurie 8:00-9:00AM YOGA W/JACKIE (Stodden Park. Vet Memorial)	9:15AM-9:45AM JUST DANCE w/ Laurie		
9:15AM-10:15AM EASY DOES IT w/ Laurie	10:00AM-11:00AM CLASSIC YOGA w/ Coleen B	9:15AM-10:15AM EASY DOES IT w/ Laurie	10:00AM-11:00AM CLASSIC YOGA w/ Coleen B	9:15AM-10:15AM EASY DOES IT w/ Coleen B	
10:15-11:15AM GUTS & BUTTS w/ Laurie	11:00AM-12:00PM CHAIR YOGA w/ Coleen B	10:15AM-11:00AM PILATES w/ Laurie	11:00AM-12:00PM SIT AND BE FIT (STRENGTH/ROM) w/ Coleen B	10:15AM-11:00AM PILATES w/ Coleen B	
12:10PM-1:00PM SPIN w/ Laurie		12:10PM-1:00PM CROSS TRAINING w/ Laurie			

ALL FITNESS CLASSES ARE INCLUDED IN YOUR MONTHLY MEMBERSHIP RATE.

NO SIGN UP REQUIRED!

CLASSES ARE HELD IN THE STUDIO UNLESS NOTED OTHERWISE.

This schedule is subject to change. Revised on 06/25/2024

