

SUMMER FITNESS CLASS SCHEDULE

Effective: June 1, 2019

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| Monday | 9:30 – 10:30 | Cardio Barre |
| Wednesday | 9:00-10:00 | Yoga (All levels) |
| Friday | 9:30 - 10:30 | Pilates Mat |
| Saturday | 7:00-8:00 9:00 - 10:00 10:15 - 11:15 | Powerwalk Moves Like Jagger Ballet Barre |
| Sunday | 10:30 – 11:30 | Yoga (All Levels) |

*All classes are subject to cancellation or change. Please wear appropriate athletic footwear and clothing (i.e. No spa sandals or bathing suits).



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