

FALL OPEN HOUSE SCHEDULE

SEPTEMBER 22, 2018

7:10AM	3	9:30AM	6
RISE & SHINE BOOTCAMP		INDUSTRIAL STRENGTH*	
WITH LISA, KIM, & MICHELLE		WITH KIM & MICHELLE	
7:10AM	4	9:30AM	3
RETRO RIDE*		STRONG BY ZUMBA	
WITH LINDA WALSH		WITH LAUREN	
8:00AM	1	9:30AM	5
PILATES FUSION		STRENGTH & LENGTH *	
WITH DANI & MICHAELA		WITH MICHAELA	
8:15AM	3	9:30AM	2
VINYASA YOGA		CHAIR-LATES*	
WITH ELYSE		WITH DANI	
8:15AM	4	9:45AM	1
CLUB SPIN *		VINYASA YOGA	
WITH LINDA WALSH		WITH ELYSE	
8:15AM	CARDIO ROOM	10:00AM	2
H.I.I.T. IT HARD *		CHAIR-LATES*	
WITH ANN MARIE		WITH DANI	
8:30AM	5	10:00AM	5
STRENGTH & LENGTH *		GET WAISTED*	
WITH LISA		WITH MICHAELA	
9:00AM	5	10:30AM	5
GET WAISTED *		TABATA JUMPBOARD*	
WITH LISA		WITH DANI	

10:45AM 3
AFTERBURN
WITH CHERYL C, LINDA W, & CHERYL M

1:00PM 6
FROM DESIRE TO DESTINY*
WITH LINDA A

11:00AM 5
GENTLE YOGA
WITH ELYSE

8:30AM-11:30AM
FEET FIRST SESSIONS
WITH LAUREN

12:00PM 6
LIFT & ROLL*
WITH CHERYL C

FIND OUT IF YOUR FEET ARE CAUSING THE ACHES
AND PAINS ALL OVER YOUR BODY. YOUR FEET
PROVIDE THE BASES OF YOUR POSTURE AND
MOVEMENT PATTERN. LEARN IF YOUR FEET ARE
THE CULPRIT WITH A 20 MINUTE PRIVATE
SESSION PROVIDED BY LAUREN.

1:00PM 3
PIYO
WITH SAM

* PRE-REGISTRATION IS REQUIRED

STUDIO KEY

1 - MIND & BODY STUDIO

4 - CYCLING STUDIO

2 - PT/YOGA STUDIO

5 - PILATE STUDIO

3 - PURE ENERGY STUDIO

6 - APC

THIS SCHEDULE IS IN PLACE OF THE WEEKLY GROUP EXERCISE SCHEDULE.
THE OPEN HOUSE IS FOR BOTH MEMBERS AND NON-MEMBERS, SO BRING ALL
YOUR FRIENDS!

