

FALL OPEN HOUSE SCHEDULE

SEPTEMBER 22, 2018

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

10:45AM	3	1:00PM	6
AFTERBURN		FROM DESIRE TO DESTINY*	
WITH CHERYL C, LINDA W, & CHERYL M		WITH LINDA A	
11:00AM	5	8:30AM-11:30AM	
GENTLE YOGA		FEET FIRST SESSIONS	
WITH ELYSE		WITH LAUREN	
12:00PM	6	FIND OUT IF YOUR FEET ARE CAUSING THE ACHEs AND PAINS ALL OVER YOUR BODY. YOUR FEET PROVIDE THE BASES OF YOUR POSTURE AND	
LIFT & ROLL*		MOVEMENT PATTERN. LEARN IF YOUR FEET ARE	
WITH CHERYL C		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!

