

To help prevent the spread of COVID-19 the STUDIO  
CAPACITY is limited to:

**Adult Fitness Classes**  
**DEMO WEEK for Fall Session II**  
**October 25th-31st**

Studio 1: 19 participants per studio including the Instructor.  
Studio 2: 16 participants per studio including the Instructor.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/ Sun
Head To Toe Toning					5:30-6:20am	
Early Bird Circuit	5:45-6:30am		5:45-6:30am			
Step / Circuit			5:30-6:30pm			
Noon Fitness (Step/Toning/Circuit)	12:15-12:45pm Step/Circuit	12:15-12:45pm Toning	12:15-12:45pm Step/Circuit	12:15-12:45pm Toning	12:15-12:45pm Step/Circuit	
Core & More	9:10-10:00am		9:10-10:00am		9:10-10:00am	
Group Strength	8:15-9:00am	10:15-11:00am	8:15-9:00am		8:15-9:00am	
Cardio Kickboxing		6:30-7:15pm				
Zumba®	5:30-6:25pm		5:30-6:25pm			
Boot Camp	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm		
Cardio Fusion—NEW!				5:00-5:50pm		
Yoga	10:15-11:15am Senior/ Chair Yoga  1:00-2:00pm Beginner		10:10-11:10am All-Level	6:00-7:00pm Flow & Restore Yoga		
Pilates	6:40-7:30pm	5:30-6:25pm	6:40-7:30pm			
Shorin Ryu Karate		5:30-7:00pm		5:30-7:00pm		
T'ai Chi **Check with Mel for current days/ locations**						