

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

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

**Adult Fitness Classes**  
**DEMO WEEK for Fall Session I**  
**September 8th—12th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/ Sun
<b>Head To Toe Toning</b>					5:30-6:20am	
<b>Early Bird Circuit</b>	5:45-6:30am		5:45-6:30am			
<b>Step / Circuit</b>			5:30-6:30pm			
<b>Noon Fitness (Step/Toning/Circuit)</b>	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	
<b>Core &amp; More</b>	9:10-10:00am		9:10-10:00am		9:10-10:00am	
<b>Group Strength</b>	8:15-9:00am	10:15-11:00am	8:15-9:00am		8:15-9:00am	
<b>Cardio Kickboxing</b>		6:40-7:30pm				
<b>Zumba®</b>	5:30-6:25pm		5:30-6:25pm			
<b>Boot Camp</b>	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm		
<b>Cardio Fusion—NEW!</b>				5:00-5:50pm Starts 9/17		
<b>Yoga</b>	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		
<b>Pilates</b>	6:40-7:30pm	5:30-6:25pm	6:40-7:30pm			
<b>Shorin Ryu Karate</b>		5:30-7:00pm		5:30-7:00pm		
<b>T'ai Chi</b> **Check with Mel for current days/ locations**						