

GROUP FITNESS SCHEDULE

MARCH 1- APRIL 30

MONDAY

Move & Mobilize

7:15-7:30am

Jackie

Bodyweight Burn

12:15-1:00pm

Jack

Gentle Yoga

5:15-6:15pm

Elizabeth

TUESDAY

Strength Training

7:15-7:45am

Sara

Tuesday Tabata

12:15-12:45pm

Jackie

Yoga Flow

1:00-1:45pm

Kari

Stick Mobility

4:15-4:30pm

Brooks

WEDNESDAY

Sweat, Strength

& Stretch

7:15-7:45am

Sara

Core & More

12:15-12:45pm

Margaret

Kettlebell HIIT

4:15-4:30pm

Brooks

Upbeat Yoga Flow

5:15-6:15pm

Elizabeth

THURSDAY

Arms & Abs

7:15-7:35am

Jordan

Strength Training

12:15-1:00pm

Brooks

Lower Body Blast

4:15-4:35pm

Margaret

FRIDAY

Core & More

12:15-12:45pm

Jack

