



GROUP EX WEEKLY UPDATES

July 16– July 22 | Instructor “A” Week

MONDAY

10:30am

Flex Fusion | Sub : Beth P.

4:30pm

Yoga 1-2 | Sub : Barb

TUESDAY

5:30am

Sport Yoga | Sub : Corie

9:30am

Flex Fusion | Sub : Elizabeth

11:00am

Sit and Be Fit | Sub : Betty

6:15pm

Sport Yoga | Sub : Mary

WEDNESDAY

9:30am

Sport Yoga | Sub : Stephanie

5:30pm

F.A.S.T. | Sub : Lorrie

THURSDAY

6:00am

Yin Yoga | Sub : Courtney

6:00am

Spin | Sub : Anne W.

9:30am

Sport Yoga | Sub : Corie

FRIDAY

7:00am

Cardio Strength | Sub ; TBD

7:30am

Spin | Sub : Anne W.

8:30am

Sport Yoga | Sub : PD

8:30am

Water Conditioning | Sub : Annie

8:30am

KNOCKOUT! | Sub : Catia

9:30am

HIIT | Sub : Catia

9:30am

Spin | Sub : Sandra

10:30am

NIA | Sub : Mo

SATURDAY

7:15am

Spin | Sub : Anne W.

7:30 am

CRT | Sub : Lorrie

SUNDAY

8:00am

Spin : Sub | Anne W.



Don't see
the updated
schedule?

Refresh
your web
browser