

Weekly Fitness & Yoga Schedule

(All Classes are 50 minutes unless stated otherwise)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM	<u>9:00am</u> <u>Chair Yoga</u> <u>with Jamie</u>	<u>9:05am</u> <u>Cardio Kick Boxing</u> <u>with Susann</u>	<u>9:30am</u> <u>Cardio Core Combo</u> <u>with Susann</u>	<u>9:00am</u> <u>Finding Your</u> <u>Balanced Core</u> <u>with Katherine</u>	<u>9:30am</u> <u>FIT-Functional</u> <u>Interval Training</u> <u>with Susann</u>		<u>9:30am</u> <u>Yoga/Pilates Fusion</u> <u>with Katherine</u>
12:00 PM							
1:00 PM	<u>1:00pm</u> <u>Mindful Movement</u> <u>and Meditation</u> <u>with Jamie</u>					<u>11:15am</u> <u>Strength for</u> <u>Everybody</u> <u>with Susann</u>	
2:00 PM							
3:00 PM		<u>12:15pm (30 min)</u> <u>EX-Press Strength for</u> <u>Every body</u> <u>with Susann</u>		<u>12:15pm (30 min)</u> <u>EX-Press Strength for</u> <u>Every body</u> <u>with Susann</u>		<u>12:15pm</u> <u>Nervous System</u> <u>Reset</u> <u>With Katherine</u>	<u>2:00pm</u> <u>Mommy & Me</u> <u>Relaxed Yoga</u> <u>with Jamie</u>
4:00 PM							
5:00 PM		<u>5:30pm</u> <u>All Systems Go</u> <u>With Ashley</u>	<u>FREE 5:30pm</u> <u>(Every 2nd Tuesday)</u> <u>Explore Fitness/Yoga</u>	<u>5:30pm</u> <u>All Systems Go</u> <u>With Ashley</u>		<u>5:00pm</u> <u>Kids Yoga</u> <u>Jamie</u>	
6:00 PM							
7:00 PM		<u>6:30pm</u> <u>Restorative Yoga</u> <u>with Amy</u>	<u>6:30pm</u> <u>Strength for Every</u> <u>Body</u> <u>with Ashley</u>	<u>6:30pm</u> <u>Nervous System</u> <u>Reset</u> <u>With Meg</u>	<u>6:30pm</u> <u>Lift for Life</u> <u>with Kelee</u>		
8:00 PM							