

GROUP EXERCISE SCHEDULE SPRING 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Power Cycle <i>Kordi</i> 11:30-12:15	TBB <i>Marie</i> 11:30-12:15	Barre <i>Trudy</i> 11:30-12:15	Well Built <i>Kordi</i> 11:30-12:15	
	Cycle Express <i>Marie</i> 12:20-12:50 New Time!			Yoga <i>Trudy</i> 12:00-1:00 *Please bring a mat
Well Built Express <i>Sonya</i> 12:30-1:00				

***Begins April 11, 2022**

Class sign-up occurs 15 minutes prior to class start time at main fitness desk.
 This is a dynamic schedule and will change with member needs.
 Classes may not run with 3 or less participants.

*Class instructor may vary due to injury/illness.