

GROUP EXERCISE SCHEDULE FALL 2023



Monday	Tuesday	Wednesday	Thursday	Friday
	Well Built <i>Kordi</i> 6:30-7:15			
Power Cycle <i>Shannon</i> 11:30-12:15	Total Body Blitz <i>Kordi</i> 11:30-12:15	HIIT and Core <i>Angie</i> 11:45-12:30	Well Built <i>Kim</i> 11:30-12:15	Yoga <i>Trudy</i> 12:00-12:45 *Please bring a Yoga mat
Step <i>Kordi</i> 12:20-1:05	Yoga <i>Leah</i> 12:20-1:05 *Please bring a Yoga mat			

*Begins September 5th, 2023

*Class instructor may vary due to injury/illness

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.