

# GROUP EXERCISE SCHEDULE WINTER 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Well Built</b> <i>Kordi</i> 6:30-7:15			
<b>Power Cycle</b> <i>Shannon</i> 11:30-12:15	<b>Total Body Blitz</b> <i>Kordi</i> 11:30-12:15	<b>HIIT and Core</b> <i>Angie</i> 11:45-12:30	<b>Well Built</b> <i>Kim</i> 11:30-12:15	<b>Yoga</b> <i>Trudy</i> 12:00-12:45 Please bring a Yoga mat
<b>Core Express</b> <i>Trudy</i> 12:20-12:50 *Step first Monday of each month 12:20-1:05	<b>Yoga</b> <i>Leah</i> 12:20-1:05 Please bring a Yoga mat			

NEW CLASS!

**Begins January 3<sup>rd</sup>, 2024**

\*Class instructor may vary due to injury/illness

\*Step with Kordi: Feb. 5, Mar. 4, and Apr. 1

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.