

GROUP EXERCISE SCHEDULE Spring 2024



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 Express <i>Kordi</i> 11:30-12:00	
			NEW!	
Core Express <i>Trudy</i> 12:20-12:50 *Step first Monday of each month 12:20-1:05	Yoga <i>Leah</i> 12:20-1:05 Please bring a Yoga mat		Cycle Express <i>Kordi/Angie</i> 12:10-12:40	Yoga <i>Trudy</i> 12:00-12:45 Please bring a Yoga mat

Begins April 1st, 2024

*Class instructor may vary due to injury/illness

*Step with Kordi: Apr 1st, May 6th, and Jun 3rd

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.