

Fall 2021 Group Fitness Schedule

classes run September 20 - December 4 (with select classes continuing to mid-December, pending popularity and instructor availability)

No classes November 11-13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Friday Flow Yoga Christine 8-9:00am	Rise & Shine Yoga Christine 9-10:00am
					Spin & Strength Part 1: Spin Malcolm 10-10:30am
					Spin & Strength Part 2: Strenth Malcolm 10:35-11:15am
	Total Body Tabata Rhonda 11-11:50am		Total Body Tabata Rhonda 11-11:50am	TGIF Spin 45 Maria 11:15am-12:00pm	
Flow Yoga Christine 12:05-12:55pm	Bums & Tums Rhonda 12:05-12:55pm	Upper Body Strength Stuart 12-1:00pm	Bums & Tums Rhonda 12:05-12:55pm	Sweat & Sculpt Maria 12:15-12:50pm	
Lower Body Strength Stuart 12:00-1:00pm	Power Yoga Josee 1:00-2:00pm	Spin 45 Jennifer 1:05-2:00pm	Spin 45 Malcolm 1:05-2:00pm		
	Sweat & Sculpt Malcolm 4:00-4:50pm	Spun Out Spin Maria 4:30-5:00	Bums & Tums Maria 4:00-4:50		
	Spin 45 Malcolm 5:00-5:45pm	Sweat & Flow Maria 5:15-6:00pm	Spin Maria 5:00-5:45pm		
Kickboxing *pre-reg Michael Nov 15-Dec 13 6:15-7:15pm	Power Yoga Jessie 6:00-6:45pm	Kickboxing *pre-reg Michael Nov 17-Dec 15 6:35-7:35pm			
Flow Yoga Senja 7:30-8:30pm	Yin by Candlelight Jessie 7:00-7:45pm				