

Winter 2022 Group Fitness Schedule

classes run January 24-April 10 (with select classes continuing to mid-April, pending popularity and instructor availability)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Rise & Shine Spin Maria 8:00-8:45am				
		Morning Flow Yoga Christine 9:00-10:00am		Friday Flow Yoga Josee 9:00-10:00am	Spin & Strength Part 1: Spin Joella 9:15-10:00am	Rise & Shine Yoga Christine 9:00-10:00am
					Spin & Strength Part 2: Strength Joella 10:10-10:40am	
			Total Body Tabata Rhonda 11-11:50am	Spin 45 Jennifer 11:00-12:00pm		
Flow Yoga Christine 12:05-12:55pm	Bums & Tums Rhonda 12:05-12:55pm	Lunch Hour Strength Stuart 12:15-1:00pm	Bums & Tums Rhonda 12:05-12:55pm	Flow Yoga Christine 12:05-12:55pm		
Upper Body Workout Stuart 12:15-1:00pm	Total Body Tabata Rhonda 1:05-2:00pm					
	Spin 30 Maria 4:30-5:00pm					
Spin 30 Maria 5:00pm-5:30pm	Bootcamp Maria 5:15-6:00pm	Yoga Randy 5:00-6:00pm				
Candlelight Pilates Maria 5:45-6:30pm	Yoga All Levels Jessie 6:00-6:45pm	Spun out Spin Randy 6:15-7:00pm				
	Yin by Candlelight Jessie 7:00-7:45pm		Pilates Vivianna 7:00-8:00pm			
Flow Yoga Senja 7:30-8:30pm			Night Rider Spin Joella 7:15pm-8:00pm			
			Full Body Bootcamp Joella 8:15-9:00pm			