



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15am (Cycle Studio)		Cycle/Core			Group Cycle		
9:00 am (Group Studio)				Strength & Stretch	Cardio Intervals		Interval Training
9:15am (Cycle Studio)		Cycle Yoga				Group Cycle	
10:00 am (Group Studio)	Zumba	Sculpt	Zumba			Sculpt	
10:00 am (Cycle Studio)	Group Cycle						
10:30am (Group Studio)					Zumba		YogaFit
12:00 pm (Group Studio)		Cardio/Muscle	Yin Yoga	YogaFit	Cardio/Muscle	Sculpt	
5:00 pm (Group Studio)						Cardio Intervals	
5:30pm (Group Studio)					Zumba		
6:30pm (Group Studio)		Zumba	YogaFit	Cardio Intervals			
6:30pm (Cycle Studio)				Cycle/TRX			

- **Outdoor classes as weather permits- including group cycle**
- **Members required to bring their own yoga mats**
- **Continuing to encourage virtual group fitness**
- **Minimize use of equipment – no sharing**