

	TIME	CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>	6:00 - 6:45 am	CYCLE 45	KARA K.	CYCLING STUDIO
	9:30 - 10:30 am	SLOW FLOW YOGA	LESLIE R.	YOGA STUDIO
	10:30 - 11:30 am	SILVERSNEAKERS CARDIO	KATHY R.	GF STUDIO/VIRTUAL
	11:30 am - 12:00 pm	HIIT 30	MIKE F.	GF STUDIO OR OUTDOORS
	12:15 - 1:00 pm	CYCLE 45	MITCH F.	CYCLING STUDIO
	12:30 - 1:15 pm	PILATES SCULPT	ANNA B.	YOGA STUDIO
	5:30 - 6:30 pm	LES MILLS BODYPUMP	BRANDON A.	GF STUDIO/VIRTUAL
	6:00 - 7:00 pm	CYCLING	KEVIN H.	CYCLING STUDIO
	6:15 pm	2-MILE GROUP WALK	AL L.	OUTDOORS

<b>TUESDAY</b>	6:00 - 7:00 am	LES MILLS BODYPUMP	CHRIS B.	GF STUDIO/VIRTUAL
	8:45 - 9:15 am	CYCLE 30	SARAH O.	CYCLING STUDIO
	9:30 - 10:15 am	CARDIO KICKBOXING	AMY D.	GF STUDIO/VIRTUAL
	9:30 - 10:30 am	SLOW FLOW YOGA	LESLIE R.	YOGA STUDIO
	10:30 - 11:30 am	SILVERSNEAKERS CLASSIC	KATHY R.	GF STUDIO/VIRTUAL
	12:00 - 12:45 pm	JAB	WILL T.	GF STUDIO
	12:00 - 12:45 pm	FITNESS CENTER ORIENTATION	SHANE W.	LOBBY
	12:00 - 1:00 pm	HATHA YOGA	SARAH S.	YOGA STUDIO
	5:15 pm	2-MILE RUN GROUP	AL L.	OUTDOORS
	5:30 - 6:30 pm	HIIT	DEREK N.	GF STUDIO
	6:00 - 7:00 pm	VINYASA YOGA	IRUS B.	YOGA STUDIO
	7:00 - 7:45 pm	BOX & BURN	SAM L.	GF STUDIO

<b>WEDNESDAY</b>	6:00 - 7:00 am	YOGA STRONG	CAROL-ANN G.	YOGA STUDIO
	8:30 - 9:00 am	HIIT 30	MIKE F.	GF STUDIO OR OUTDOORS
	9:30 - 10:15 am	POWER 45	MARISA K.	GF STUDIO
	10:30 - 11:00 am	CORE SCULPT	MARISA K.	YOGA STUDIO
	10:30 - 11:30 am	SILVERSNEAKERS CARDIO	KATHY R.	GF STUDIO/VIRTUAL
	12:15 - 1:00 pm	CYCLE 45	MITCH F.	CYCLING STUDIO
	12:15 pm	2-MILE GROUP WALK/JOG	AL L.	OUTDOORS
	5:30 - 6:00 pm	CYCLE 30	HEATHER B.	CYCLING STUDIO
6:30 - 7:30 pm	LES MILLS BODYCOMBAT	MIKE Q.	GF STUDIO/VIRTUAL	

<b>THURSDAY</b>	6:00 - 7:00 am	LES MILLS COMBAT & CORE	DEREK N.	GF STUDIO
	8:30 - 9:15 am	POWER 45	AMY D.	GF STUDIO/VIRTUAL
	9:30 - 10:15 am	CARDIO KICKBOXING	AMY D.	GF STUDIO/VIRTUAL
	10:30 - 11:30 am	SILVERSNEAKERS CLASSIC	KATHY R.	GF STUDIO/VIRTUAL
	12:00 - 12:45 pm	JAB	WILL T.	GF STUDIO
	5:30 - 6:00 pm	CORE 30	TODD K.	GF STUDIO/VIRTUAL
	5:30 - 6:15 pm	PILATES SCULPT	ANNA B.	YOGA STUDIO
	6:30 - 7:30 pm	VINYASA YOGA	SARAH S.	YOGA STUDIO

CONTINUED ON BACK

	TIME	CLASS	INSTRUCTOR	STUDIO
<b>FRIDAY</b>	6:00 - 7:00 am	LES MILLS BODYPUMP	CHRIS B.	GF STUDIO/VIRTUAL
	11:30 am - 12:00 pm	HIIT 30	MIKE F.	GF STUDIO OR OUTDOORS
	12:15 - 1:00 pm	CYCLE 45	MITCH F.	CYCLING STUDIO
	12:30 - 1:15 pm	PILATES SCULPT	ANNA B.	YOGA STUDIO
	1:15 - 2:15 pm	BEGINNER TAI CHI	DAVID U.	GF STUDIO
	5:30 - 6:15 pm	LES MILLS BODYPUMP	BRANDON A.	GF STUDIO/VIRTUAL
	5:30 - 6:30 pm	YOGA STRONG	CAROL-ANN G.	YOGA STUDIO
<b>SATURDAY</b>	8:15 am	2-MILE GROUP WALK/JOG	AL L.	OUTDOORS
	8:30 - 9:30 am	CYCLE & SCULPT	SARAH O.	CYCLING STUDIO
	9:00 - 9:30 am	LES MILLS CORE	TODD K.	YOGA STUDIO
	9:45 - 10:45 am	LES MILLS BODY COMBAT	DEREK N.	GF STUDIO
	10:00 - 11:00 am	POWER YOGA FLOW	SHANNON M.	YOGA STUDIO
	11:00 - 11:45 am	BOX & BURN	SAM L.	GF STUDIO
<b>SUNDAY</b>	8:30 - 9:30 am	LES MILLS BODYPUMP	CHRIS B.	GF STUDIO/VIRTUAL
	9:00 - 10:00 am	CYCLING	ERROL S.	CYCLING STUDIO
	10:45 - 11:45 am	YOGA MECHANICS	CAROL-ANN G.	YOGA STUDIO

**SCAN THE QR CODE  
TO RESERVE YOUR SPOT  
IN CLASS TODAY!**



RESERVATIONS CAN BE SCHEDULED UP TO 6 DAYS IN ADVANCE