

Spring 2022

WEEKLY SCHEDULE

group fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	SUNRISE YOGA	CYCLE + STRENGTH	SUNRISE YOGA	CYCLE + STRENGTH	CORE CYCLE	9:30 AM
12:00 PM	SPIN CITY		RIDE + THRIVE			POWER VINYASA
12:30 PM		PILATES		PILATES		SUNDAY
4:00 PM						1:30 PM
5:00 PM	STRENGTH + CONDITIONING	SPIN CITY		SPIN CITY		SCULPT 50
6:00 PM	FULL BODY SPIN	CYCLE + STRENGTH	STRENGTH + CONDITIONING	STRENGTH + MOBILITY		
7:00 PM	CYCLE + SCULPT	POWER VINYASA	CYCLE + SCULPT	FULL BODY SPIN		
8:00 PM	BARRE FUSION	SWEAT CYCLE	ZUMBA			
9:00 PM	LINE DANCING	HIP HOP		HIP HOP		



SAVE YOUR SPOT.
SCAN THIS.



REGISTRATION RULES:

- REGISTRATION OPENS 3 DAYS BEFORE THE CLASS BEGINS
- PLEASE ARRIVE AT LEAST 5 MINUTES BEFORE THE CLASS BEGINS IN ORDER TO ENSURE PROPER SET UP!
- IF YOU ARE UNABLE TO ATTEND, MAKE SURE TO CANCEL YOUR CLASS TO ENSURE EVERYONE HAS THE CHANCE TO PARTICIPATE!

-thanks, group fitness team