



GROUP FITNESS

# FALL 2024

9/30-12/6

## TUESDAY

- 7:00AM **Cycle**  
45 MIN | ANGIE
- 10:00AM **Power Pilates**  
45 MIN | LAURA
- 3:30PM **LES MILLS DANCE**  
45 MIN | GRACE
- 5:30PM **Strength**  
45 MIN | RONI  
Strength training + mobility.

## THURSDAY

- 7:00AM **Cycle**  
45 MIN | ANGIE
- 10:00AM **Power Pilates**  
45 MIN | LAURA  
**New!** Build more strength and endurance. And breathe.
- 4:30PM **Yoga**  
45 MIN | HILLARY
- 5:30PM **Strength**  
45 MIN | RONI
- 6:30PM **LES MILLS DANCE**  
45 MIN | GRACE

## SUNDAY

- 12:15PM **Pilates**  
45 MIN | SHREYA

## MONDAY

- 7:00AM **Cycle**  
45 MIN | RILEY
- 7:55AM **Crunch Time**  
15 MIN | RILEY  
**New!** Target all four areas of your core.
- 10:00AM **Yoga**  
45 MIN | DREW
- 4:30PM **Bootcamp**  
45 MIN | HILLARY
- 6:30PM **Pilates**  
45 MIN | KEERTI

## WEDNESDAY

- 7:00AM **Cycle**  
45 MIN | RILEY
- 10:00AM **Pilates**  
45 MIN | KEERTI
- 3:30PM **Punch Time**  
45 MIN | TANNA  
**New!** Get your heartrate up with cardio kickboxing.
- 4:30PM **LES MILLS CORE**  
45 MIN | TANNA/DREW
- 5:30PM **Yin Yoga**  
60 MIN | HILLARY

## FRIDAY

- 9:30AM **Spin & Flow**  
50 MIN | MAGGIE  
**New!** First half cycle. Second half yoga.
- 4:30PM **LES MILLS CORE**  
30 MIN | DREW

## SATURDAY

- 11:00AM **Power Pilates**  
45 MIN | SHREYA
- 12:00PM **Brunch Time**  
45 MIN | GRACE  
**New!** Dance time + Crunch Time + snack time.

ALL CLASSES IN STUDIO B



STRENGTH

MINDBODY

CARDIO

WOMEN'S CLASS