

FALL GROUP FITNESS

2024

9/16-12/6



TUESDAY

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

WEDNESDAY

- 7:00AM **Cycle**
45 MIN | RILEY
- 10:00AM **Pilates**
45 MIN | KEERTI
- 12:15PM **Cycle**
45 MIN | ANGIE
- 3:30PM **Punch Time**
45 MIN | TANNA
Get your heartrate up with cardio kickboxing.
- 4:30PM **LES MILLS CORE**
45 MIN | TANNA/DREW
- 5:30PM **Yin Yoga**
60 MIN | HILLARY

THURSDAY

- 8:55AM **Crunch Time**
15 MIN | GRACE
- 10:00AM **Power Pilates**
45 MIN | LAURA
Build more strength and endurance. And breathe.
- 4:30PM **Yoga**
45 MIN | HILLARY
- 5:30PM **Strength**
45 MIN | RONI

FRIDAY

- 9:30AM **Spin & Flow**
50 MIN | MAGGIE
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
Dance time + Crunch Time + snack time.

SUNDAY

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

MONDAY

- 7:00AM **Cycle**
45 MIN | RILEY
- 7:55AM **Crunch Time**
15 MIN | RILEY
Target all four areas of your core.
- 10:00AM **Yoga**
45 MIN | DREW
- 12:15PM **Cycle**
45 MIN | ANGIE
- 4:30PM **Bootcamp**
45 MIN | HILLARY
- 5:30PM **LES MILLS DANCE**
45 MIN | DREW
LES MILLS DANCE. For every type of dancer.
- 6:30PM **Pilates**
45 MIN | KEERTI



ALL CLASSES IN STUDIO B



STRENGTH

MINDBODY

CARDIO

WOMEN'S CLASS