

WEEKLY FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-9am Mysore (Ashtanga Yoga) Holly	6:30-9am Mysore (Ashtanga Yoga) Holly	6:30-9am Mysore (Ashtanga Yoga) Steve	6:30-9am Mysore (Ashtanga Yoga) Holly	6:30-9am Mysore (Ashtanga Yoga) Holly		
9:15-10am Full Body Fit (Strength + Cardio) Dory	9:15-10am Pilates Plus (Pilates) Mary Lou	9:15-10am Strength + Row (HIIT) Neil	9:15-10am Pilates Plus (Pilates) Mary Lou	9:15-10am Total Body Workout (Strength & Cardio) Suzi	9-9:45am Strength + Cardio (HIIT) Trish	8-9:30am Ashtanga Primary Series (Ashtanga Yoga) Holly
10:15-11am Fit (Strength & Cardio) Carrie W	10:15-11am Strong (Strength) Carrie W	10:15-11:15am Core + Glutes Carrie W 11:15-12:15pm Essential Breath Carrie W	10:15-11am Fit (Strength & Cardio) Carrie W	10:15-11am Barre Sculpt (Barre) Dory	10am-11am Yin Meets Yang (Yoga) Amy	10:00-11am Strong (Strength) Carrie W
10:15-11:15am Flex & Stretch (Hypervolt/Foam Roller) *Mat Room Mary Lou	11:30-12:30pm Boom Muscle (Silversneakers Members Only) Linda	10:15-11:15am Flex & Stretch (Hypervolt/Foam Roller) *Mat Room Mary Lou	11:30-12:30pm Boom Muscle (Silversneakers Members Only) Linda	10:15-11:15am Flex & Stretch (Hypervolt/Foam Roller) *Mat Room Mary Lou	11:30-12:30pm Strength & Stretch (Stick Mobility) Carrie W	11:15-12:00pm ReWork (Posture & Alignment) Carrie W
11:15-12:00pm ReWork (Posture & Alignment) Carrie W		12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou				
12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou	10:15-11:15am Flex & Stretch (Hypervolt/Foam Roller) *Mat Room Mary Lou	4:30-5:15pm Balance, Balls & Bands (Strength & Balance) Mary Lou		12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou		
5:30-6:15pm Strength + Cardio (HIIT) Trish	5:30-6:15pm Strength & Stretch (Stick Mobility) Carrie W	5:30-6:30pm Vinyasa Flow (Yoga) Claire	5:30-6:15pm TRX Circuit (Strength & Cardio) Mary Lou	5:30-6:30pm Chakra Flow (Yoga) Katie B.	Hours of Operation Sunday: 8am - 12:30pm Monday: 6:30am - 7:30pm Tuesday: 6:30am - 7:30pm Wednesday: 6:30am - 7:30pm Thursday: 6:30am - 6:30pm Friday: 6:30am - 6:30pm Saturday: 9am - 1pm	
6:40-7:30pm Aerial Basics (Aerial Hammock) Ashley	6:30-7:30pm AG Fly Girlz Dance Series (Dance/Fit) Carrie W	6:40-7:30pm Aerial Flow (Aerial Hammock) Carly				