

## WEEKLY FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-9am	6:30-9am	6:30-9am	6:30-9am	6:30-9am		
Mysore	Mysore	Mysore	Mysore	Mysore		
(Ashtanga Yoga)	(Ashtanga Yoga)	(Ashtanga Yoga)	(Ashtanga Yoga)	(Ashtanga Yoga)		
Holly	Holly	Steve	Holly	Holly		
9:15-10am	9:15-10am	9:15-10am	9:15-10am	9:15-10am	9-9:45am	8-9:30am
Full Body Fit	Pilates Plus	Strength + Row	Pilates Plus	Total Body Workout	Strength + Cardio	Ashtanga Primary
(Strength + Cardio))	(Pilates)	(HIIT)	(Pilates)	(Strength & Cardio)	(HIIT)	Series (Ashtanga Yoga)
Dory	Mary Lou	Neil	Mary Lou	Suzi	Trish	Holly
10:15-11am	10:15-11am	10:15-11:15am	10:15-11am		10am-11am	10:00-11am
Fit	Strong	Core + Glutes	Fit		Yin Meets Yang	Strong
(Strength & Cardio)	(Strength)	Carrie W 11:15-12pm Essential Breath	(Strength & Cardio)		(Yoga)	(Strength)
Carrie W	Carrie W	Carrie W	Carrie W		Amy	Carrie W
10:15-11:15am	11:30-12:30pm	10:15-11:15am	11:30-12:30pm	10:15-11:15am	11:30-12:30pm	11:15-12:00pm
Flex & Stretch	Boom Muscle	Flex & Stretch	Boom Muscle	Flex & Stretch	Strength & Stretch	ReWork
(Hypervolt/Foam Roller)	(6.1)	(Hypervolt/Foam Roller)	(Silversneakers	(Hypervolt/Foam Roller)	(Stick Mobility)	(Posture & Alignment)
*Mat Room	(Silversneakers Members Only)	*Mat Room	Members Only)	*Mat Room		
Mary Lou	Linda	Neil	Linda	Mary Lou	Carrie W	Carrie W
11:15-12:00pm		12:15-1pm				
ReWork		TRX Sculpt				
(Posture & Alignment)		(Strength & Cardio)				
Carrie W		Mary Lou				
12:15-1pm				12:15-1pm		
TRX Sculpt				TRX Sculpt		
(Strength & Cardio)				(Strength & Cardio)		
July 15!! July 15!!		July 1st!		Mary Lou		
5:30-6:15pm	5:30-6:15pm	5:30 - 6:15pm	5:30-6:15pm	5:30-6:30pm	Hours of	Oneration
TRX Sculpt + Stretch	Strength & Stretch	Pilates + Balance	TRX Circuit	Chakra Flow	Hours of Operation  Sunday: 8am - 12:30pm  Monday: 6:30am - 7:30pm  Tuesday: 6:30am - 7:30pm  Wednesday: 6:30am - 7:30pm	
(Strength & Stretch)	(Stick Mobility)	(Pilates)	(Strength & Cardio)	(Yoga)		
Mary Lou	Carrie W	Mary Lou	Mary Lou	Katie B.		
6:40-7:30pm	6:30-7:30pm	6:40-7:30pm				
4 1 1 7 1	AG Fly Girlz Dance	Aerial Flow			carrebady. 0.	Pill Pill

Thursday: 6:30am - 6:30pm

Friday: 6:30am - 6:30pm

Saturday: 9am - 1pm

Series

(Dance/Fit)

Carrie W

**Aerial Basics** 

(Aerial Hammock)

Ashley

(Aerial Hammock)

Carly