



Day	Time	Location	Class	Instructor
Monday 4/6				
Canceled	8:00–9:00 AM	ZOOM	Qigong: Moving Meditation	Gari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30-10:30 AM	Studio	Strong & Stable	Shaylee
NEW! Pop Up	10:00-11:00 AM	Gym	Complimentary Gym Training Session	Gavin
Tuesday 4/7				
	6:00-7:00 AM	Studio	PEAK Fitness	Nicole
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	HIIT	Lauren
Wednesday 4/8				
Canceled	8:00–9:00 AM	ZOOM	Qigong: Moving Meditation	Gari
	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Shelly
Thursday 4/9				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Shelly
	9:30-10:30 AM	Studio	Pilates for Everyone	Johnna
	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Shaylee
	4:00 - 5:15 PM	Studio	MFR + Recovery Yoga	Lindsay
Friday 4/10				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
Saturday 4/11 No classes - Happy Saturday!				
Sunday 4/12				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	TBD