



Day	Time	Location	Class	Instructor
Monday 6/8				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30-10:30 AM	Studio	Strong & Stable	Nicole
Tuesday 6/9				
	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
NEW CLASS!	9:00-10:00 AM	Rec Pool	H2O Resistance & Core Class	JoAnn
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Wednesday 6/10				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Ellen (sub)
NEW TIME!	4:00-5:00 PM	Studio	Pilates for Everyone	Johnna
Thursday 6/11				
	6:00-7:00 AM	Studio	PEAK Fitness	Nicole (sub)
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Karin (sub)
NEW CLASS!	9:00-10:00 AM	Rec Pool	H2O Resistance & Core Class	JoAnn
	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Karla (sub)
Canceled	4:00 - 5:15 PM	Studio	MFR + Recovery Yoga	Lindsay
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 6/12				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Natalie (sub)
	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
Saturday 6/13 No classes - Happy Saturday!				
Sunday 6/14				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen