



Day	Time	Location	Class	Instructor
Monday 8/31				
	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	Parker (sub)
Tuesday 9/1				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30-10:30 AM	Studio	HIIT	Lauren
NEW TIME!	10:00 - 11:00 AM	Rec Pool	H2O Resistance & Core Class	JoAnn
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Wednesday 9/2				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
NEW CLASS!	8:00-9:00 AM	Studio	Ride & Strength	Parker
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Shelly
	4:00-5:00 PM	Studio	Pilates for Everyone	Johnna
Thursday 9/3				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Shelly
NEW TIME!	10:00-11:00AM	Rec Pool	H2O Resistance & Core Class	Laurie
	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Gavin
	1:30-2:30 PM	Gym	Intro to Strength Training	Gavin
	4:00 - 5:15 PM	Studio	MFR + Recovery Yoga	Lindsay
	5:30 - 6:30 PM	Lap Pool	Master Swim	Dave
Friday 9/4				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
Saturday 9/5 <i>No classes - Happy Saturday!</i>				
Sunday 9/6				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen