

FITNESS CENTER CLASS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 AM Sunrise Yoga <i>with Tatiana</i>		8:00 AM Sunrise Yoga <i>with Tatiana</i>		8:30 AM Vinyasa Flow <i>with Coach Walsh</i>	9:15 AM Hot Yoga <i>with Coach Walsh</i>
9:00 AM Silver Fit <i>with Tatiana</i>	10:00 AM Zumba Cardio Jam <i>with Justin</i>	9:30 AM Mat Pilates <i>with Dina</i>	9:00 AM Silver Fit <i>with Tatiana</i>	9:30 AM Mat Pilates <i>with Dina</i>	10:00 AM Power Circuit Bootcamp <i>with Tatiana</i>	
12 PM Mat Pilates <i>with Dina</i>		12:00 PM Boxing Bootcamp <i>with Atreyu</i>	10:00 AM Zumba Cardio Jam <i>with Justin</i>	12:00 PM Power Hour Yoga <i>with Coach Walsh</i>		
	5:00 PM Power Circuit Bootcamp <i>with Tatiana</i>	6:00 PM Zumba Cardio Jam <i>with Justin</i>				

PLEASE NOTE THAT OUR STUDIOS ARE RESERVED FOR CLASS PARTICIPANTS DURING THE TIMES LISTED ABOVE. MEMBERS ARE FREE TO USE OUR STUDIOS WHEN THERE ARE NO CLASSES IN SESSION.



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