Group Fitness Schedule
Block 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00 am	Vinyasa Yoga *Keeley*	Vinyasa Yoga *Keeley*		Vinyasa Yoga *Keeley*	
11:00 – 11:50 am	Fit 4 Life *Christina, rec gym*		Fit 4 Life *Christina, rec gym*		Fit 4 Life *Christina, rec gym*
1:00 – 3:00 pm			* Aerial Silks		* Aerial Silks
3:00 – 4:00	**Grappling	***Spin *Mandala*		***Spin *Mandala*	**Grappling
4:30 – 5:30 pm	HIIT *Payton*	Vinyasa Flow *Misty*	HIIT *Payton*	HIIT *Payton*	
6:00 – 7:00 pm	Power Yoga *Lindsey*	Yin/Restorative Yoga *Misty*	**Grappling	Vinyasa Yoga *Lindsey*	
7:30 – 8:30 pm	Line Dancing *Bea*	Vinyasa Yoga *Keeley*	Vinyasa Yoga *Keeley*	Line Dancing *Bea*	

*** Aerial Silks classes are held in the Ritt Kellogg Climbing Gym with Sophia, Autumn, and Emila. Please check Summit for schedule changes & class details.**

**** Grappling is led by Joe, Chris, and Suvi.**

***** Spin classes are limited to the first 8 participants.**