



Group Fitness Schedule Block 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00 am	*Sunrise Yoga <i>Victoria</i>				
11:00 – 11:45 am	Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>
1:30 – 2:30	Boxing <i>Adam</i>		Boxing <i>Adam</i>		Boxing <i>Adam</i>
4:15 – 5:15 pm	Total Body Strength <i>Ella</i>	Cardio Blast <i>Ella</i>	Vinyasa Yoga <i>Misty</i>	Cardio/Strength Intervals <i>Ella</i>	
5:30 – 6:45 pm			Yin Yoga <i>Misty</i>	Power Yoga <i>LeAnne</i>	
7:00 – 8:00 pm	** Hip Hop Fitness <i>Dore</i>	Zumba <i>Manu</i>		Zumba <i>Manu</i>	

Only Fit4Life will be held all 4 weeks. No other classes are led during 4th week unless otherwise noted by the instructor.

* Sunrise Yoga is on the fitness center terrace

** 3rd week Monday only for Hip Hop Fitness