



Group Fitness Schedule Block 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 – 7:45 am	Bootcamp <i>Wes</i>		Bootcamp <i>Wes</i>		Bootcamp <i>Wes</i>	
7:00 – 7:45 am	Sunrise Stretching <i>Skylar</i>	Sunrise Yoga <i>Addie</i>		Flow Yoga <i>Mar</i>		
10:00 – 10:45 am	Fit 4 Life <i>Wes, rec gym</i>		Fit 4 Life <i>Wes, rec gym</i>		Fit 4 Life <i>Wes, rec gym</i>	
12:30 – 1:15 pm	Bootcamp <i>Wes</i>		Bootcamp <i>Wes</i>		Bootcamp <i>Wes</i>	
1:15 – 2:15 pm					Boxing <i>Paul</i>	
3:00 – 4:00 pm	Hip Hop Fitness <i>Dore</i>					Pilates <i>Lucy</i>
4:15 – 5:15 pm	Vinyasa Yoga <i>Addie</i>	Flow Technique <i>Skylar</i>	Restorative Yoga <i>Misty</i>	Flow Technique <i>Skylar</i>	Hip Hop Fitness <i>Dore</i>	
5:30 – 6:45 pm	HIIT <i>Ellie</i>	Beg/Interm. Yoga <i>Misty</i>	HIIT *5:45 <i>Ellie</i>	Sunrise Yoga <i>Addie</i>		
7:00 – 8:00 pm		Zumba <i>Manu</i>	Pilates <i>Lucy</i>	Zumba <i>Manu</i>		
9:00 – 10:00 pm		Bedtime Yoga <i>Helen</i>	Gentle Release <i>Skylar</i>	Bedtime Yoga <i>Helen</i>		

- Masks are required for all indoor classes.
- Class formats aim to serve ability and skill levels. Participants should always consult your physician prior to starting any exercise program.
- Only Bootcamp and Fit 4 Life will be held all 4 weeks. No other classes are led during 4th week.