

Group Fitness Schedule

Summer 2019



Mon

Tue

Wed

Thu

Fri



HI/LO AEROBICS
12:15pm-12:45pm
Reggie



KICK & FLOW
12:15pm-1:00pm
Christine



YOGA in the Labyrinth
11:15pm-12:00pm
Christine
FREE



BOOT CAMP
12:15pm-1:00PM
Christine



PAIN IN THE ABS
12:45pm-1:00pm
Reggie



CARDIO CIRCUIT
12:15pm-12:45pm
Reggie



YIN-YASA YOGA
5:30pm-6:30pm
Christine



YOGA FOR LIFE BALANCE*
5:30pm-6:30pm
Chanel

***June 20th – Aug 1st**



Johns Hopkins Bayview Fitness Center
MFL Building~Center Tower~Suite 2100
www.jhmifitness.com/Bayview
410-550-1690 main

Effective 6/20/2019

