

Group Fitness Schedule

Winter 2020



Mon

Tue

Wed

Thu

Fri



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



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



YOGA
12:15pm-1:00pm
Christine
FREE



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



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



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

