

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:30am – 6:15am	Group Fitness Aaron		Group Fitness Aaron		Group Fitness Aaron	
6:15am – 7:00am	Group Fitness Aaron		Group Fitness Aaron		Group Fitness Aaron	
7:15am – 8:00am	Group Fitness D’Nia	Group Fitness Olivia	Group Fitness D’Nia	Group Fitness Olivia	Group Fitness Cam	
8:30am – 9:15am				Slow Yoga Becka		
10:00am – 11:00am						Pilates Wellness Workshop 2 nd Saturday each month Lauren
11:30am – 12:15pm	Pilates for Postural Health Lauren		Pilates for Bone/Joint Health Lauren			
11:30am – 12:30pm		Yoga for Active Agers Becka		Yoga for Active Agers Becka		
12:15pm – 1:00pm					Yoga Lunch Express Phe	
4:00pm – 4:50pm	Yoga All Levels Phe	Pilates for Scoliosis 2 nd Tuesday each month Lauren		Athletic Performance (Ages 9-12 Male) Jacob	Green = Fitness & Wellness Grey = Sports Performance	
		Athletic Performance (Ages 9-12 Male) Jacob				
5:00pm – 5:50pm	Strength & Conditioning (MS/HS Female) Clint		Strength & Conditioning (MS/HS Female) Clint			
5:30pm – 6:15pm		Group Fitness Jacob		Group Fitness Jacob		
6:15pm – 7:00pm	Strength & Conditioning (MS/HS Male) Jacob	Strength & Conditioning (MS/HS Male) Jacob	Strength & Conditioning (MS/HS Male) Jacob	Strength & Conditioning (MS/HS Male) Jacob		
7:00pm – 8:00pm		Yoga for Athletes Becka				