


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am – 7:15am	Group Fitness Matt		Group Fitness Matt		Group Fitness Matt	
7:00am – 7:45am		Group Fitness Matt		Group Fitness Matt		
8:00am – 8:45am						Group Fitness Brandon
9:00am – 10:00am		Yoga All Levels Flow Kelli		Yoga All Levels Flow Kelli		MS/HS Athletic Development Brandon
						Yin Yoga (2 <sup>nd</sup> and 4 <sup>th</sup> Saturday) Kelli
9:30am – 10:15am			Hiit & Run Matt			
11:30am – 12:15pm	Pilates Level I/II Lauren	Yoga for Active Agers Kelli	Pilates/Foam Roller for Recreational Runners/Walkers Lauren			Yoga for Active Agers (2 <sup>nd</sup> and 4 <sup>th</sup> Saturday) Kelli
12:15pm – 1:00pm				Yoga Lunch Crunch Kelli	Hiit & Run Matt	
3:30pm – 4:15pm		Youth Athletic Development Matt				
4:15pm – 5:00pm	Youth Athletic Development Brandon		Youth Athletic Development Gage		<p><b>Download our Youngs Physical Therapy App to reserve your spot today!</b></p>  <p>(Scan with your phone camera)</p>	
5:00pm – 5:45pm		Hiit & Run Matt		Hiit & Run Matt		
5:45pm – 6:30pm			Developmental Strength & Conditioning Clint			
6:30pm – 7:15pm				Barbell 1.0 Clint		
				Yoga for Athletes Kelli		