



WELLNESS CENTER

AUGUST CLASS SCHEDULE

SU

1:15 Core Strength
2:00 Party Fitness
3:30 Balance & Stretch (8/7, 8/21, 8/28)
(Essential Yoga on 8/14)

- Please reserve your spot for classes on the MindBody app, our website, or by calling/stopping by the front desk.
- Classes denoted with * are held in the Functional Training room. All other classes are held in the Group Fitness room.

M

8:30 Cardio Kick
11:15 Total Body Gold
12:45 Better Balance
4:30 Yoga
5:40 Strong 30
6:00 HV (Glutes/Hamstrings)*
6:15 Groove Worx
7:15 Yoga Deep Stretch*

TH

8:30 Dance Fitness
9:45 Strength & Tone
11:15 Fitness Mix
4:00 Yin Yoga
5:15 Barre Above
6:00 HV (Quads/Calves)*
6:30 Dance Fitness

TU

8:30 HIGH Fitness
10:00 Function
11:15 Stretch & Flex 2
5:00 Muscle Pump
6:00 HV (Chest/Shoulders/Triceps)*
6:15 HIIT

F

8:30 Dance Fitness
9:45 Barre Above
11:15 Total Body Gold
12:30 Stretch & Flex

W

8:30 Dance Fitness
9:45 Barre Eclipse
11:15 Total Body Gold
12:45 Better Balance
5:30 Spin 30
6:00 HV (Back/Biceps)*
6:30 Cha Cha Tabata

SA

8:30 Spin 45
9:30 Yoga
10:15 HV (Total Body)*
11:00 Dance Fitness