

GROUP FITNESS SCHEDULE

STUDIO

CYCLE

VIRTUAL

MON

6-6:50am Kettlebell/TRX Perfect Pair
7-8am Total Fitness
9-10am Barre
9-10:20am Therapeutic Yoga Flow
9:30-10:30am NEW! Performance Training
12-1pm Vinyasa All Levels
6:30-7:20pm Pilates Beginner Mat Focus

9:30-10:15am Science-n-Soul Cycle

6-7pm Cycle TRX Combo

7-8am Total Fitness
9-10:20am Therapeutic Flow
12-1pm Abs, Arms, and Assets

5-5:45pm Virtual Core & Restore
7:30-8:45pm Yin Nidra

TUES

6-7am Kettlebell
9-10 am Slow Inner Flow Yoga
9-9:50am Core+
10:30-11:15pm TRX Bodyweight Training
12-1pm Barre
5-6pm Circuit Training
6-7pm Yin Yang Yoga

6:30-7:15am Science-n-Soul Cycle

9-9:45am Science-n-Soul Cycle

9-10am Slow Inner Flow Yoga

12-1pm Barre

WED

7-8am F.I.R.E.
9-10am Pilates Mat
9-10am Vinyasa All Levels
12-1pm Yin Yoga
12-1pm Kettlebell
12-1pm Barre Yoga Flow
5:30-6:20pm Kettlebell
6-7pm Barre

9-10am Cycle Core Combo

7-8am F.I.R.E.
9-10am Pilates Mat
12-1pm Yin Yoga
12-1pm Barre Yoga Flow

6-7pm Barre

THURS

9-9:50am Fall Prevention Tools for Life
9:30-10:20am Cardio Core Balance
12-1pm Barre
12-1pm Vinyasa All Levels
6:30-8pm Y12SR Yoga 12 Step Recovery

6:30-7:15am Science-n-Soul Cycle

8-8:45am Cycle Fit Combo

7-8am Rise-n-Flow Yoga
9:30-10:20am Cardio Core-dination Balance
12-1pm Barre

4:30-5:30pm Power Flow Yoga

FRI

7-8am Total Fitness
8-8:50am TRX Interval
8:30-9:15am Pilates Mat
10:00-11:00am Abs, Arms & Assets
9-9:50am TRX/Bodyweight Training
9:30-10:30am Warm Power Flow Yoga
12-1pm Slow Inner Flow Yoga

6-6:45am Science-n-Soul Cycle

7-8am Total Fitness
8:30-9:15am Pilates Mat

12-1pm Slow Inner Flow Yoga

SAT

8-9am Vinyasa All Levels
9-10am Kettlebell
9:30-10:30am Barre
9:30-10:30am Vinyasa All Levels

8-8:45am Science-n-Soul Cycle
9:15-10am Science-n-Soul Cycle

9-10am Total Fitness Fusion
9:30-10:30am Barre

SUN

9-10am Barre
10-10:50am Total Fitness
11am-12pm Yin Yoga

8-8:40am Science-n-Soul Cycle
9-9:45am Science-n-Soul Cycle

9-10am Barre
11-12pm Yin

March 2022

CLUB HOURS OF OPERATION

MON-FRI 5:30am-8:30pm
SAT-SUN 7:00am-3:00pm

KIDS CLUB HOURS

MON-FRI 9:00am-1:00pm | **SAT** 8:30-11:00am
MON + TUES 5:30-7:30pm