



GROUP FITNESS SCHEDULE

STUDIO

CYCLE

VIRTUAL

MON

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

7-8am Total Fitness
9-10:30am 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+
10:30-11:20pm TRX Bodyweight Training
12-1pm Barre
5-6pm Circuit Training
6-6:50pm Pilates Mat with Props
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

6:30 - 7:15 Outdoor Circuit
7-8am F.I.R.E.
9-10am Pilates Mat
9-10am Vinyasa All Levels
12-1pm Yin Yoga
12-1pm Kettlebell
5:30-6:25pm Kettlebell
6-7pm Barre

9:30-10:30am Cycle Core Combo

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

6-7pm Barre

THURS

9-9:50am Fall Prevention Tools for Life
9-10:15 Vinyasa All Levels
12-1pm Barre
5:00-6:00pm Power Flow Yoga

6:30-7:15am Science-n-Soul Cycle
8-8:45am Cycle Fit Combo

7-8am Rise-n-Flow Yoga

12-1pm Barre

FRI

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

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

12-1pm Slow Inner Flow Yoga
12-1pm Total Fitness Fusion

SAT

8-9am Vinyasa All Levels
9-10am Kettlebell
9:30-10:30am Barre
9:30-10:45am Vinyasa All Levels
10:30 - 11:25 Tower Small Group \$

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

9-10am Bodyweight & Balance training

SUN

9-10am Barre
9:30-10:30am Total Fitness
11am-12pm Yin Yoga

8:30-9:20am Special Sit Down to Stand
 Up for Kids – Cycle with Bill to Give Back

9-10am Barre
11-12pm Yin

September 2022

CLUB HOURS OF OPERATION

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

KIDS CLUB HOURS

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