



GROUP FITNESS SCHEDULE

STUDIO

YOGA

VIRTUAL

MON

6-6:50am Kettlebell/TRX Perfect Pair
7-8am Total Fitness
9-10am Barre
9:30-10:15am Science-n-Soul Cycle

6:30-7:20pm Pilates Beginner Mat Focus

9-10:30am Therapeutic Yoga Flow

12-1pm Vinyasa All Levels

6-7pm Vinyasa All Levels

7-8am Total Fitness
9-10:30am Therapeutic Flow
12-1pm Abs, Arms, and Assets

7:30-8:45pm Yin Nidra

TUES

6-7 am Kettlebell
6:30-7:15am Science-n-Soul Cycle
9-9:45am Science-n-Soul Cycle
9-9:50 am Core+
10:30-11:20am TRX Interval
12-1pm Barre
5-6pm Circuit Training
6-6:50pm Pilates Mat with Props

9-10am Slow Inner Flow Yoga

6-7pm Yin Yang Yoga

9-10am Slow Inner Flow Yoga

12-1pm Barre

WED

7-8am F.I.R.E.
9-10am Pilates Mat
9:30-10:30am Cycle Core Combo

12-1pm Kettlebell

5:30-6:20pm Kettlebell

6-6:45am Vinyasa Express
9-10am Vinyasa All Levels

12-1pm Yin

7-8am F.I.R.E.
9-10am Pilates Mat

12-1pm Yin Yoga

6-7pm Barre

THURS

6:30-7:15am Science-n-Soul Cycle
8-8:45am Cycle Fit Combo
9-9:50am Fall Prevention Tools for Life
9:30-10:30am NEW! Strength & Mobility
12-1pm Barre

9-10:15am Vinyasa All Levels

5-6pm Power Flow

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

12-1pm Slow Inner Flow

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

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

SAT

8-8:45am Science-n-Soul Cycle
9-10am Kettlebell
9:15-10am Science-n-Soul Cycle
9:30-10:30am Barre
10:30-11:20am Tower Small Group \$

8-9 am Vinyasa All Levels
9:30-10:45am Vinyasa All Levels

9-10am Bodyweight & Balance training

SUN

8:30-9:20am Special Cycle to Give Back
9-10am Barre
10-11am Tower Fusion Small Group \$
9:30-10:30am Total Fitness

9:30-10:30am Vinyasa All Levels

11am-Noon Yin

9-10am Barre

11-12pm Yin

November 2022

CLUB HOURS OF OPERATION

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

KIDS CLUB HOURS OF OPERATION

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