



# WELLNESS SCHEDULE

June 1st - June 5th

MONDAY

Gym

**6:00am** High Fitness (Lacey)  
**8:00am** CRT (Abby)  
**10:00am** Pilates (Mandy)  
**12:00pm** Zumba (Lisa)  
**3:30pm** Zumba Basic (Allison)  
**6:00pm** Zumba (Jenny)

Studio

**5:30am** Spin (Rebecca)  
**7:45am** Yoga (Cara)  
**9:45am** Yoga (Erin)  
**11:45am** Spin (Chip)  
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TUESDAY

Gym

**6:00am** High Fitness (Lacey)  
**8:00am** Jump Start (Amber)  
**10:00am** Pilates (Mandy)  
**12:00pm** Barre (Lisa)  
**3:30pm** Zumba Basic (Allison)  
**6:00pm** High Fitness (Victoria)

Studio

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**7:45am** Yoga (Paula)  
**9:45am** Tai Chi (Janelle)  
**11:45am** Spin (Mandy)  
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**5:30pm** Spin (Michael)

WEDNESDAY

Gym

**6:00am** High Fitness (Victoria)  
**8:00am** CRT (Abby)  
**10:00am** Dance Fit (Nicole)  
**12:00pm** Bootcamp (Nicole)  
**3:30pm** Zumba Basic (Allison)  
**6:00pm** Zumba (Jenny)

Studio

**5:30am** Spin (Rebecca)  
**7:45am** Yoga (Cara)  
**9:45am** Tai Chi (Janelle)  
**11:45am** Spin (Chip)  
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THURSDAY

Gym

**6:00am** High Fitness (Victoria)  
**8:00am** Burn & Build (Amber)  
**10:00am** Zumba (Lisa)  
**12:00pm** Barre (Lisa)  
**3:30pm** Zumba Basic (Allison)  
**6:00pm** Zumba (Katherine)

Studio

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**7:45am** Yoga (Paula)  
**9:45am** Tai Chi (Janelle)  
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FRIDAY

Gym

**6:00am** Stretch & Sculpt (Amber)  
**8:00am** CRT (Abby)  
**10:00am** Dance Fit (Nicole)  
**12:00pm** Bootcamp (Nicole)  
**3:30pm** Zumba Basic (Allison)  
**6:00pm** Zumba (Jenny)

Studio

**5:30am** Spin (Rebecca)  
**7:45am** Yoga (Cara)  
**9:45am** Yoga (Erin)  
**11:45am** Spin (Chip)  
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Gymnasium classes limited to 25 participants, studio classes limited to 12 participants. Classes must be reserved ahead of time. Limited to **MEMBERS ONLY**. **NO EQUIPMENT** will be issued (except Spin Bikes). **All classes are 45 minutes long.**