



WELLNESS SCHEDULE

June 8th - June 12th

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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5:30pm Spin (Chip)

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.**