

6/22/19 - Open House Class Schedule

Land Group Exercise Classes:

7:15am-8:15am-Body Pump–Marcus Studio A

8:30am-9:30am-Cycling Blast-Marcus-Studio C

8:15am-9:00am-Yoga–Rosa–Studio B

9:00am-9:50am-Barre Yoga–Rosa–Studio B

9:00am-9:50am–Group Strength–Liz–Studio A

10:00am-10:50am–Bootcamp–Melissa–Studio A

10:00am-10:50am–Cycling Blast–Vicky–Studio C

11:00am-11:50am–Pilates–Laura–Studio B

12:00pm-12:50pm–Body and Soul-Dillon-Studio A

Water Group Exercise Classes:

8:00am-8:45am– A-wake-Sharon-Therapy Pool

9:00am-9:45am– Deep Water Tabata-Sharon-
Therapy Pool