

## Fitness Class Schedule Winter-Spring 2019

Classes included with Membership, 20 Punch Pass, or Drop in Fee  
All Classes Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Yin Yoga 7:30-8:30am West Gym		Hatha Yoga 7:30-8:30am Activity Room		Foam Rolling 7-8am Activity Room	
Silver Sneakers 9:15-10:30am Gym	Core Cardio 8:30-9:30am Gym	Silver Sneakers 9:15-10:30am Gym	Core Cardio 8:30-9:30am Gym	Hatha Yoga 8-9am Gym	
	Chair Yoga 10-11am West Gym	Zumba 11am-12pm West Gym	Chair Yoga 10-11am West Gym	Silver Sneakers 9:15-10:30am Gym	Zumba 10-11am West Gym
	Summit Amped 12-12:45pm Gym		Summit Amped 12-12:45pm Gym	Tai Chi 11am-12pm Gym	
Interval Training 5:30-6pm West Gym	Hatha Yoga 5:30-6:30pm Activity Room	Interval Training 5:30-6pm West Gym	Hatha Yoga 5:30-6:30pm Activity Room	Parent Tot Zumba 12-12:45pm Activity Room	
Pound 6-6:30pm West Gym		Yoga En Espanol 6-7pm Activity Room	Pound 5:30-6:15pm West Gym		

Classes **NOT** Included with Membership, Punch Pass, or Drop In Fee  
Must pre-register and pay separately for class

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	Base Camp Cycling 7:15-8:15am 12pm-1pm 6-7pm		Base Camp Cycling 7:15-8:15am 12pm-1pm 6-7pm		
	Sahn TaekwonDo 6:30-8pm GYM		Sahn TaekwonDo 6:30-8pm GYM		