

**NOTE:** All classes 50 minutes long unless otherwise noted.

**INSTRUCTOR-LED FITNESS SCHEDULE**  
September 1 - 15, 2024

Rev. 9/6/2024  
Schedule subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 AM</b>	Spin (O)	Boot Camp w/ Andi (O) 6:05 - 6:50 AM				
<b>7:00 AM</b>	Barre Above® (O, V)	Barre Above® (O, V)	HIIT w/ Cynthia: Total Body Reset (O)	Barre Above® (O, V)	Boot Camp w/ Kirsten (O) 7 - 7:45 AM	
<b>8:00 AM</b>	Pumped Up Strength (O, V)		Pumped Up Strength (O, V)		Restorative Mobility (O, V)	Butts & Guts (O) 8:15 - 9 AM <b>No class 10/5 or 11/9</b>
		H <sub>2</sub> O Fit & Flow (Pool) 8:30 - 9:15 AM		H <sub>2</sub> O Fit & Flow (Pool) 8:30 - 9:15 AM	HIIT'n the Deep (Pool) 8 - 8:45 AM	
<b>9:00 AM</b>	Silver Sneakers® Classic (O, V)	Silver Sneakers® Classic (O, V)	Silver Sneakers® Classic (O, V)	Silver Sneakers® Classic (O, V)	Work'n the Deep (Pool) 9 - 9:45 AM	
	Aqua Evolution (Pool) 9:15 - 10 AM		Aqua Evolution (Pool) 9:15 - 10 AM	Waves (Pool) 9:30 - 10:15 AM		
<b>10:00 AM</b>	Classic Mat Pilates (O, V)	Flow Yoga w/ Carla R. (O, V)	Bars, Benches & Balls (O, V)	Flow Yoga w/ Carla R. (O, V)	Sculpt Yoga (O)	Flow Yoga w/ Summer † (O)
<b>11:00 AM</b>	Hatha Yoga (O, V)	Gentle Yoga (O, V)	Slow Flow Yoga w/ Summer (O)	Gentle Yoga (O, V)	Slow Flow Yoga w/ Ren (O)	Flex & Flow † (O)
<b>12:00 PM</b>	TRX Functional Strength (O) 12:15 - 1 PM	Sculpt Yoga (O)			Flex & Flow (O)	<b>† Class Dates:</b> Sept. 14 & 28; Oct. 12 & 19; Nov. 2, 16, 23, 30; Dec. 7, 14, 28
<b>1:00 PM</b>		Flex & Flow (O)				
<b>5:00 PM</b>	Butts & Guts (O) 5 - 5:45 PM	Alignment-based Yoga (O) 5 - 6 PM	Butts & Guts (O) 5 - 5:45 PM	Yin Bolster Class (O)		<b>Legend:</b> O = Onsite V = Virtual