

OCT 2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		<b>*TOTAL BODY CONDITIONING</b> MEREDITH		<b>*TABATA</b> 30 MIN - BETH	<b>*RESTORATIVE YOGA</b> STEPHANIE		
6:30AM	<b>HIIT &amp; YOGA</b> 30 MIN - SHANNON		<b>HIIT &amp; YOGA</b> 30 MIN - SHANNON				
7:00AM	<b>MORNING STRETCH</b> 30 MIN - SHANNON	<b>ENERGIZING YOGA</b> 30 MIN - LINDSAY	<b>MORNING STRETCH</b> 30 MIN - SHANNON	<b>ENERGIZING YOGA</b> 30 MIN - LINDSAY	<b>*RETRO CARDIO FIT</b> MEREDITH		
7:30AM		<b>MEDITATION</b> 30 MIN - LINDSAY		<b>MEDITATION</b> 30 MIN - LINDSAY			
8:00AM	<b>*SCULPT &amp; STRETCH</b> HEATHER	<b>LOW IMPACT CARDIO</b> 30 MIN - DEBBIE	<b>PILATES</b> DEBBIE	<b>LOW IMPACT CARDIO</b> 30 MIN - DEBBIE	<b>*SCULPT &amp; STRETCH</b> DANIELLE <b>GENTLE YOGA</b> JOLENE	<b>*TABATA</b> AMY	
8:30AM		<b>*CORE &amp; MORE</b> 30 MIN - CHRISTINE		<b>*CORE &amp; MORE</b> 30 MIN - ROBYN		<b>*QIGONG &amp; TAI CHI</b> CURT	<b>*CORE &amp; MORE</b> 30 MIN - CURT
9:00AM	<b>*PILATES</b> DEBBIE <b>*FULL BODY HIIT</b> ROBYN	<b>*YOGA SCULPT</b> WENDY	<b>*SCULPT &amp; STRETCH</b> NINA <b>MOBILITY</b> ERIC	<b>*STUDIO CIRCUIT</b> ROBYN	<b>*PILATES</b> DEBBIE <b>*QIGONG &amp; TAI CHI</b> CURT	<b>*SCULPT &amp; STRETCH</b> NINA	<b>*GENTLE YOGA</b> CURT <b>*TRX/BOSU</b> DEBBIE
9:30AM		<b>CHAIR FITNESS</b> 30 MIN - JOLENE		<b>CHAIR FITNESS</b> 30 MIN - JOLENE			
10:00AM	<b>*BALANCE</b> DEBBIE <b>*CORE &amp; MORE</b> 30 MIN - ROBYN	<b>*POWER YOGA</b> JOLENE	<b>*BALANCE</b> DEBBIE <b>*GENTLE YOGA</b> NINA		<b>MOBILITY</b> ERIC <b>*YIN YOGA</b> NINA	<b>*GENTLE YOGA</b> NINA	<b>*BARREFLOW</b> DENISE
10:30AM		<b>*UPPER BODY &amp; CORE</b> LINDSAY		<b>*GLUTES, ABS, ARMS</b> LINDSAY			
11:00AM	<b>*YIN YOGA</b> WENDY <b>*MOBILITY</b> ERIC	<b>*GENTLE YOGA</b> GENII	<b>*INSPIRE &amp; REFLECT YOGA</b> LINDSAY	<b>*YOGA RESTORE</b> DEANDRA <b>*PAUSE &amp; FLOW</b> ERIC	<b>*HATHA YOGA</b> NINA <b>*RESTORATIVE YOGA</b> DEBBIE	<b>*VINYASA YOGA</b> CURT	<b>*SUNDAY VARIETY</b> MIX
12:00PM	<b>*GENTLE YOGA</b> KIM	<b>*SCULPT &amp; STRETCH</b> CHRISTINE	<b>*YOGA &amp; MINDFULNESS</b> KIM	<b>*YOGA SCULPT</b> DEANDRA			
4:00PM		<b>*BALANCE &amp; STRENGTH</b> LISA			<b>*GENTLE YOGA</b> DEBBIE		
4:30PM	<b>*PELVIC CONDITIONING</b> 30 MIN - AMY			<b>PELVIC CONDITIONING</b> 30 MIN - AMY			
5:00PM	<b>YOGA RESTORE</b> JOLENE	<b>*TABATA</b> DEBBIE <b>*YOGA SCULPT</b> DEANDRA	<b>*TOTAL BODY CIRCUIT</b> NICOLE <b>*YIN/RESTORATIVE YOGA</b> LINDSAY	<b>*RETRO CARDIO FIT</b> MEREDITH	<b>*POWER YOGA</b> DEBBIE		
5:30PM	<b>*PLYOGA</b> 30 MIN - MELLISSA		<b>*PILATES EXPRESS</b> 30 MIN - NINA		<b>RESTORATIVE YOGA</b> SHANNON		
6:00PM	<b>*GENTLE YOGA</b> MELLISSA <b>YIN YOGA</b> 80 MIN - TINA	<b>STRONG &amp; CALM</b> 30 MIN - SHANNON <b>*GENTLE HATHA YOGA</b> DEANDRA	<b>*HATHA YOGA</b> NINA	<b>STRONG &amp; CALM</b> 30 MIN - SHANNON <b>YIN YOGA</b> 80 MIN - TINA			
6:30PM	<b>GLUTES &amp; CORE</b> 30 MIN - CURT	<b>SLOW STRETCH</b> 30 MIN - SHANNON	<b>ARMS &amp; CORE</b> 30 MIN - CURT	<b>SLOW STRETCH</b> 30 MIN - SHANNON			
7:00PM	<b>MEDITATION</b> 30 MIN - LINDSAY		<b>MEDITATION</b> 30 MIN - LINDSAY				

ALL CLASSES 50 MIN UNLESS OTHERWISE NOTED