

# LABOR DAY

## CLASS SCHEDULE – MONDAY, SEPT. 1

|                          |                        |             |             |
|--------------------------|------------------------|-------------|-------------|
| 7:30 to 8:15 a.m.        | TRX                    | Lori        | Strong      |
| 7:30 to 8:45 a.m.        | SwimFit Endurance      | Charlie Fry | Sports Pool |
| 8 to 8:45 a.m.           | Yoga Therapy           | Lizzy       | Breathe     |
| 8:30 to 9:10 a.m.        | Dirty Thirty           | Lori        | Strong      |
| 8:45 to 9:45 a.m.        | Cutting EDGE           | Bond        | Move        |
| 9 to 9:45 a.m.           | Pure Cycle             | Steven      | Surge       |
| 9 to 10 a.m.             | Yoga Bootcamp          | Max         | Breathe     |
| 9:30 to 10:15 a.m.       | K.A.R.B. Cardio        | Martica     | Strong      |
| 10 to 10:45 a.m.         | Power Sculpt           | Jaclyn      | Move        |
| 10 to 10:50 a.m.         | REFORM*                | Alyssa      | Synergy     |
| 10:15 to 11:15 a.m.      | Yoga Body with Weights | Cathy       | Breathe     |
| 10:30 to 11:15 a.m.      | Muscles                | Celeste     | Strong      |
| 10:45 to 11:30 a.m.      | VideoRide              | Martica     | Surge       |
| 11 to 11:50 a.m.         | Zumba                  | Mario       | Move        |
| 11:30 a.m. to 12:15 p.m. | Contemporary Pilates   | Alyssa      | Strong      |
| 11:30 a.m. to 12:30 p.m. | Yoga Flow              | Jaclyn      | Breathe     |
| 12:45 to 1:30 p.m.       | Yoga Stretch           | Jaclyn      | Breathe     |
| 3 to 3:45 p.m.           | Classic Pilates        | Katrina     | Move        |

*\*requires registration and fee - \$40 for Members*

