

# GROUP FITNESS SCHEDULE CHANGES

## Sunday

**New** Beginner Spinning 10:15 - 11:00 am - Studio B

## Monday

Power Yoga Flow 6:50 - 7:50 am - Studio A (time and studio change)

**New** Spinning / Pilates 9:00 - 10:15 am - Studio B

**New** Kickboxing 9:15 - 10:15 am - Studio A

**New** Fit & Fifty 1:00 - 2:00 pm - Studio A

**New** Belly Dancing 5:00 - 5:45 pm - Studio A

**New** Yoga Flow 7:00 - 8:00 pm - Studio A

(this class will replace :Ashtanga Yoga on Tuesday and Fitness for Two on Wednesday)

## Tuesday

Integrated Yoga 7:00 - 8:00 am - Studio A (time and studio change)

Yoga Stretch 12:00 - 1:00 pm - Studio A (time and studio change)

## Wednesday

Yin Yoga 7:00 - 8:00 am - Studio A (studio change)

**New** Boot Camp 6:30 - 7:30 pm - Track

## Thursday

Ashtanga Yoga 7:00 - 8:00 am - Studio A (time and studio change)

**New** Spinning Core 9:00 - 10:30 am - Gym & Studio B

**New** Fit & Fifty 6:35 - 7:35 pm - Studio A

## Friday

Power Yoga Flow 6:50 - 7:50 am - Studio A (time and studio change)

## Saturday

Ashtanga Yoga 7:45 - 9:00 am - Studio A (studio change)

Body Sculpt 8:00 - 9:00 am - Gym (studio change)

Step & Bosu 9:05 - 10:05 am - Studio (time change)

**\*\*Please check the class schedules for other changes and cancellations\*\***