

Some Programs are
Seasonal, please reference
the back page for details!

Wellness Programs Schedule

Effective:
July 1, 2014

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30 AM	Rise & Grind TF		Rise & Grind TF			5:30 AM		
6:00 AM		GRIT SERIES 3			GRIT SERIES 3	6:00 AM		
8:00 AM		Power Hot Yoga 3	Beginner TRX 3			8:30 AM	Hot Yoga 3	
9:15 AM			MaxFit FF			9:15 AM		
9:30 AM	Barre Burn 3 Pilates Reformer PS	GRIT SERIES TF		Pilates Reformer PS Hot Yoga 3	GRIT SERIES 3	9:30 AM		
10:00 AM		Pilates Reformer PS				10:00 AM		
10:30 AM		TF				10:30 AM		
12:00 PM		Lunch Break FF Aerial Yoga 3		Lunch Break FF Aerial Yoga 3		12:00 PM		
12:30 PM						12:30 PM	5K Prep FF	
1:00 PM		Tai Chi 3 Pilates Reformer PS			Tai Chi 3	1:00 PM		
4:30 PM	Pilates Reformer PS					4:00 PM		
5:00 PM	Tai Chi 2	Aerial Yoga 3		Tai Chi 2		Key 1 = Studio 1 2 = Studio 2 3 = Studio 3 LP = Leisure Pool RP = Rec Pool MP = Main Pool P= Multi-Purpose Room TF=Turf Field PS=Pilates Studio OF=Outdoor Field FF=Fitness Floor S=Seasonal		
5:30 PM	GRIT SERIES 3	PALS FF	GRIT SERIES 3	PALS FF				
6:00 PM		MaxFit FF Barre Burn 3			Hot Yoga 3			
6:30 PM				5K Prep FF				
7:00 PM		Healthy P.A.C.E		Healthy P.A.C.E				
	Pilates Reformer PS Hot Yoga 3	Pilates Reformer PS RKB/TRX Combo 3	Hot Yoga 3					


**KEEP
CALM**
AND
**LISTEN
TO YOUR
TRAINER**

**EXPERIENCE SPECIALIZED SMALL GROUP PERSONAL
TRAINING WITH AN AFFORDABLE PRICE TAG!**

BRAND NEW TO THE AREA: AERIAL YOGA!