

Fitness Classes

Monday

7:30AM Total Body Conditioning- Traci S

8:45AM Pilates – Tracy

6PM- Yin – Megan **NEW**

Tuesday

7AM Vinyasa-Megan

8:30AM-Pump It Up-Pam

10:30AM Aqua Aerobics-Susan

6:30PM-Restorative Yoga-Jim

Wednesday

7AM Vinyasa- Megan

8:45AM Pilates- Tracy

6:30PM Restorative Yoga -Jim

Thursday

7AM Vinyasa-Megan

8:30AM Pump It Up-Pam

10:30AM Aqua Aerobics-Susan

6:30PM Restorative Yoga-Jim

Friday

7:30 AM Total Body Conditioning-Tracy S

8:45AM BARRE Sculpt-Tricia **NEW**

Saturday

9AM Vinyasa- Megan

Sunday

8AM Chisel-Jim