

Fitness Classes

Monday

8:45AM Pilates – Tracy

6PM- Yin – Megan

Tuesday

7AM Vinyasa-Megan

8:30AM-Pump It Up-Pam

10:30AM Aqua Aerobics-Susan (starts May 5) SEASONAL

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 (starts May 5) SEASONAL

6:30PM Restorative Yoga-Jim

Friday

8:45AM BARRE Sculpt-Tricia

10AM Recovery Stretch & Reset-Tracy (starts May 8th) NEW

10:30AM Aqua Aerobics -Susan (starts May 5) SEASONAL

Saturday

9AM Vinyasa- Megan

Sunday

8AM Chisel-Jim