

# Fitness Classes

## **Monday**

7:45AM Barre Sculpt -Trish **NEW**(May 25-July 27)

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 8<sup>th</sup>) **NEW**

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

## **Saturday**

9AM Vinyasa- Megan

## **Sunday**

8AM Chisel-Jim