

GROUP EXERCISE CLASSES!!

Bring Friends and Join Us for End of Summer Fitness Fun!!

(must email to sign-up in advance...classes are filling up fast!)

EVERY CLASS is FREE in AUGUST 18-31st
 (classes w/ good attendance will continue thru December!)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am				Yoga		
7am	BootCamp*	WoW				
8am						Boot Camp*
9am	Pilates	Yoga	Pilates	Yoga	AbFlexFoam	Circuit
10am	BBB	WoW	PowerYoga	BBB	WoW	AbFlexFoam
11am						Pilates&Posture (23 rd only)
12pm		AbFlexFoam			AbFlexFoam	
5:30pm	PilatesChallenge			Pilates		
6:00pm			Circuit			
6:30pm				ATM (28th only)		
7:30pm	CoreYoga (25th only)		CoreYoga			

Bootcamp* - off-site! Please check website for more details.