

# FITNESS CLASSES

## FALL SCHEDULE (AUG-OCT)



MON



Scan the QR code to check  
-class updates  
-cancellations  
-holiday schedule



TUE

HIIT Bootcamp  
6:15-7:15AM  
Molly

Aspen Barre  
9:00-9:30AM  
Mellie

Water Aerobics  
10:30-11:30AM  
Asia

PIYO  
12:00-12:45PM  
Asia

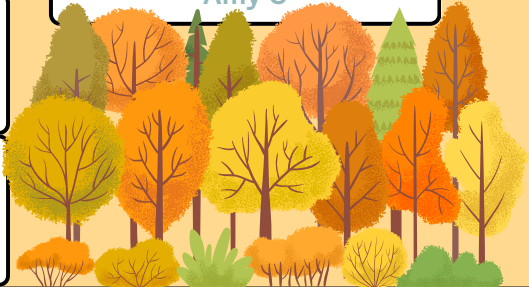
Stretch  
1:00-2:00PM  
Asia

WED

Low Impact  
Cardio/Intervals  
9:00-9:55AM  
Amy K

Core & More  
10:00-11:00AM  
Amy K

Yoga/UZIT  
5:30-6:45PM  
Amy C



THU

HIIT Bootcamp  
6:15-7:15AM  
Molly



FRI

Cardio & Circuit  
Training  
9:45-10:45AM  
Amy K

Water Aerobics  
10:30-11:30AM  
Asia

ARC  
Fitness Studio

Red Brick  
Gym



MON

Ying/Yang Yoga  
7:00-8:00AM  
Suresh/Serene

BODYPUMP Express  
12:00-12:45PM  
Asia

PIYO  
1:00-1:45PM  
Asia

BODY PUMP Express  
2:00-2:45PM  
Asia

TUE

BODY PUMP  
7:00-8:00AM  
Janelle/Lissa

Stretch & Core  
12:30-1:30PM  
Angela/Cindy

WED

BODY PUMP Express  
12:00-12:45PM  
Asia

Ski Fit  
1:00-1:45PM  
Asia

BODYPUMP Express  
2:00-2:45PM  
Asia

THU

Ying/Yang Yoga  
7:00-8:00AM  
Suresh/Serene

Stretch & Core  
12:30-1:30PM  
Angela/Cindy

FRI

BODYPUMP  
7:00-8:00AM  
Janelle

Pilates  
12:00-12:45PM  
Asia

BODYPUMP  
1:00-2:00PM  
Asia

SUN

BODYPUMP  
9:00-10:00AM  
Tamar

