













FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>CORE BREATHING, BRACING & ABDOMINAL TONING</p> <p>8 AM</p>	 <p>BARRE CLASS BALLET AND DANCE INSPIRED TONING</p> <p>8 AM</p>	 <p>DANCE WARM UP, LEARN A FUN ROUTINE, & COOL DOWN</p> <p>8 AM</p>	 <p>DANCE WARM UP, LEARN A FUN ROUTINE, & COOL DOWN</p> <p>8 AM</p>	 <p>MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE</p> <p>8 AM</p>	 <p>WERK RESISTANCE & WEIGHT SCULPTING</p> <p>8 AM</p>	 <p>CORE BREATHING, BRACING & ABDOMINAL TONING</p> <p>8 AM</p>
 <p>DANCE WARM UP, LEARN A FUN ROUTINE, & COOL DOWN</p> <p>9:15 AM</p>	 <p>RESTORATIVE STRETCH & FLOW</p> <p>9:15 AM</p>			 <p>VINYASA FLOW BLEND OF FLOW AND YIN</p> <p>9:15 AM</p>	 <p>DANCE WARM UP, LEARN A FUN ROUTINE, & COOL DOWN</p> <p>9:15 AM</p>	 <p>DANCE DANCE FITNESS FUSION</p> <p>9:15 AM</p>

*Please sign up in advance
at the Fitness desk

Classes are approx. 50 mins