












# FITNESS SCHEDULE

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

\*Please sign up in advance  
at the Fitness desk

Classes are approx. 50 mins