

# 400 THIRD FITNESS GROUP EXERCISE SCHEDULE

## FALL SEASON

Monday	Tuesday	Wednesday	Thursday	Friday
<b>YOGA</b> <i>Paul</i> 12:00-12:45 <i>**Please bring your own mat</i>	<b>BARRE</b> <i>Trudy</i> 12:00-12:45	<b>TOTAL BODY BLITZ</b> <i>Navin</i> 12:00-12:45	<b>NEW CLASSES!</b> <b>SPIN EXPRESS</b> <i>Trudy</i> 12:00-12:30 <b>MOBILITY + STRETCH</b> <i>Trudy</i> 12:30-1:00	

Class sign-up occurs 15 minutes prior to class start time at main fitness desk.  
 This is a dynamic schedule and will change with member needs.  
 Classes may not run with 3 or less participants.

\*Class instructor may vary due to injury/illness.