

400 THIRD FITNESS GROUP EXERCISE SCHEDULE



WINTER SEASON

Monday	Tuesday	Wednesday	Thursday	Friday
<p>YOGA Paul 12:00-12:45</p> <p><i>**Please bring your own mat</i></p>	<p>BARRE Trudy 12:00-12:45</p>	<p>TOTAL BODY BLITZ Navin 12:00-12:45</p>	<p>NEW CLASS! CYCLE+ Trudy 12:00-12:45</p>	

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.