

# 400 THIRD FITNESS GROUP EXERCISE SCHEDULE



## SPRING SEASON

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