

400 THIRD FITNESS GROUP EXERCISE SCHEDULE

SPRING SEASON

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

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.