

400 THIRD FITNESS GROUP EXERCISE SCHEDULE



FALL SEASON

Monday	Tuesday	Wednesday	Thursday	Friday
YOGA <i>Paul</i> 12:00-12:45 <i>**Please bring your own mat</i>	BARRE <i>Jessica</i> 12:00-12:45	TOTAL BODY BLITZ <i>Navin</i> 12:00-12:45	PILATES FUSION <i>Dawn</i> 12:00-12:45 **CYCLE+ every final Thursday of the month**	YOGA <i>Brenda</i> 12:00-12:45 <i>**Please bring your own mat</i>

This is a dynamic schedule and will change with member needs.

*Class instructor may vary without prior notice.