



Move. Connect. Thrive.

STRONGER TOGETHER.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	STRENGTH & CONDITIONING Denese Hall	STRENGTH TRAINING Ingrid Stutzman	PILATES MAT, ROLLER & RING Ingrid Stutzman	FUNCTIONAL CIRCUIT TRAINING Sunil Ribeiro	STRENGTH & CONDITIONING / PILATES CIRCUIT TRAINING Alternates weekly Ingrid Stutzman		
8:00 AM						PILATES CIRCUIT TRAINING / BAR EFFECT Alternates weekly Ingrid Stutzman	FUNCTIONAL CIRCUIT TRAINING Sunil Ribeiro
9:15 AM	STRENGTH TRAINING Ingrid Stutzman	BAR EFFECT Michelle Rahlves	FUNCTIONAL CIRCUIT TRAINING Sunil Ribeiro	BAR EFFECT Michelle Rahlves	STRENGTH TRAINING Ingrid Stutzman	ALIGN YOGA Emily Williams	STRENGTH CIRCUIT TRAINING Sunil Ribeiro
10:30 AM						STEP & STRENGTHEN Rebecca Reich	
11:00 AM		POSTNATAL YOGA Code MAMA & save \$10 Arielle Patton Hall					
3:30 PM	TEEN STRENGTH FOUNDATIONS 4-WEEK SERIES Optional drop-in Sunil Ribeiro			TEEN STRENGTH FOUNDATIONS 4-WEEK SERIES Optional drop-in Sunil Ribeiro			
5:15 PM	STRENGTH CIRCUIT TRAINING Sunil Ribeiro	PILATES MAT, ROLLER & RING Denese Hall	ALIGN YOGA Emily Williams	STRENGTH TRAINING CIRCUIT Sunil Ribeiro			
6:30 PM	VINYASA FLOW / MEDITATION Donation-Based Sunil Ribeiro						

CLASS TYPE KEY

STRENGTH	PILATES	CIRCUIT
YOGA / RECOVERY	TEEN / KIDS	BARRE
STEP		

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NEWMEMBER

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SCAN TO VIEW
THE FULL SCHEDULE

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