

MON

TUES

WED

THURS

FRI

SAT

SUN

6:30-7:30 AM **OUTDOOR**
FIT BOOTCAMP

6:30-7:30 AM **OUTDOOR**
FIT BOOTCAMP

9:15-10:15 AM
DREAM YOGA

9:15-10:15 AM
DREAM YOGA

9-9:45 AM
DETOX

9:45-10:30 AM
RIPPED

10:30-11:15 AM
CORE IN MOTION

10:30-11:15 AM
CORE IMPACT

10:30-12 AM/PM
YOGA FLOW

1-1:45 PM
CORE IN MOTION

12-12:45 PM
BARRE FUSION

12:30-1:30 PM
WINTER WELLNESS WORKSHOP

6-6:30 PM
SIX PACK

6:15-7 PM
RIPPED

6-6:30 PM
SIX PACK

6:15-7 PM
RIPPED

6:30-7:30 PM
BUNS & GUNS

7-8 PM
WINTER WELLNESS WORKSHOP

6:30-7:30 PM
BUNS & GUNS



FALL 2011

• GROUP CLASSES •
INDOOR + OUTDOOR

POINT SYSTEM
15 MIN = 1 POINT

- 5 pts / 90 min
- 4 pts / 60 min
- 3 pts / 45 min
- 2 pts / 30 min
- not pt based / pay per session