GROUP FITNESS
BACK IN-PERSON
MON 2/14/22
Join us LIVE & IN-STUDIO
beginning 2/14/22

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
</table>
| **Cycle**  
8:00am 45 min  
Christine (S1) | | | | | | |
| | | | | | | |
| | | | | | | |
| **Yoga**  
12:00pm 45 min  
Wendy (S1) | **Yoga**  
12:00pm 45 min  
Wendy (S1) | | | | | |
| | | | | | | |
| | | | | | | |
| **WERQ**  
4:00pm 45 min  
Jackie (S1) | **WERQ**  
5:15pm 45 min  
Jackie (S1) | | | | | |
| | | | | | | |
| | | | | | | |
| **POPPILATES**  
6:00pm 55 min  
Kayla (S3) | **BODYPUMP**  
6:00pm 60 min  
Jennifer (S3) | **POPPILATES**  
6:00pm 55 min  
Kayla (S3) | | | | |
| | | | | | | |
| | | | | | | |
| **Yoga**  
6:30pm 60 min  
John (S1) | **Yoga**  
6:30pm 60 min  
Megan (S1) | | | | | |
| | | | | | | |

*Classes are subject to change without notice based on attendance, the needs of membership and instructor availability.*

**Schedule Effective February 14, 2022**

(S1) = Studio 1  
(S2) = Functional Fitness Room  
(S3) = Studio 3

VIRTUAL = STUDIO 1 TV Screen  
ZOOM = Streamed LIVE Via zoom link