



Winter Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15am Sculpt & Tone 8:30am <i>Fit Barre</i> 9:30am STRONG™ 5:30pm Sculpt & Tone 45 6:30pm <i>PiYo Workout</i> 6:30pm TABATA & Core 7:30pm <i>WERQ Dance Fitness</i>	8:30am TABATA Bootcamp 45 9:30am BODYPUMP 9:30am <i>Fit Barre</i> 5:30pm BODYPUMP 6:35pm TRX & Cardio Blast 45 7:30pm Kickboxing 30 7:30pm ZUMBA®	8:15am Cardio & Sculpt 9:30am Glutes, Core & Stretch 5:45pm <i>Fit Barre 45</i> 6:30pm TABATA Bootcamp 45 6:30pm Glutes, Core & Stretch 7:30pm <i>Hatha Yoga ♦</i>	8:15am Spin 8:30am <i>Pilates Mat</i> 9:30am BODYPUMP 5:45pm RPM Cycling 30 6:15pm <i>Interval Training 45</i> 6:30pm BODYPUMP 7:30pm <i>WERQ Dance Fitness</i>	8:15am <i>Interval XT</i> 8:30am BodySculpt 45 9:30am TRX Interval Circuit 45
SATURDAY	SUNDAY			
8:15am Sculpt & Tone 8:15am <i>PiYo Workout 45</i> 8:30am RPM Cycling 45 9:15am <i>WERQ Dance Fitness</i> 9:15am <i>Hatha Yoga ♦</i> 9:30am TRX Interval Circuit	9:30am BODYPUMP 9:30am <i>WERQ Dance Fitness</i> 10:30am <i>Fit Barre</i>			

Classes are formatted for every fitness level and ability. Reservations recommended for all classes.

Please arrive at least 10-15 minutes prior to class start time. Classes are 55 minutes unless denoted (♦ is 75 minutes)

Schedule subject to change. Check our MINDBODY app and website for the latest class listings.