

FALL FITNESS CLASSES

September 6 – December 17

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 — 10:20 am		ARMS, BOOTY, CORE <i>at The Studio</i>		RHYTHM SPIN <i>at The Studio</i>			YOGA FLOW* <i>at The Studio</i>
10:30 — 11:20 am			EASY YOGA* <i>at The Studio</i>		YOGA FLOW* <i>at The Studio</i>		HPTC HIIT <i>at HPTC</i>
4:00 — 5:00 pm	HIP & HAMMIES YOGA* <i>at The Studio</i>						
5:30 — 6:20 pm		SPINSANITY <i>at The Studio</i>	HPTC FLEX* <i>at HPTC</i>	HIIT THE BARRE <i>at The Studio</i>	HPTC FLEX* <i>at HPTC</i>		
6:30 — 7:20 pm		FULL BODY BLAST <i>at The Studio</i>			SPINSANITY <i>at The Studio</i>		
7:00 — 7:50 pm			RHYTHM SPIN <i>at The Studio</i>	ZUMBA® <i>at The Studio</i>			

FREE for
Members &
MemberPLUS+

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*Classes are 1 hour in length