

SPRING FITNESS CLASSES

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 — 10:20 am		RHYTHM SPIN <i>at The Studio</i>		ARMS, BOOTY, CORE <i>at The Studio</i>	SPIN YANG YIN* <i>at The Studio</i>		YOGA FLOW* <i>at The Studio</i>
10:30 — 11:30 am			EASY YOGA* <i>at The Studio</i>				
10:45 — 11:35 am							HPTC HIIT <i>at HPTC</i>
4:00 — 5:00 pm	HIP & HAMMIES YOGA** <i>at The Studio</i>						
5:30 — 6:20 pm		HPTC FLEX* <i>at HPTC</i>		HPTC FLEX* <i>at HPTC</i>			
6:00 — 6:50 pm		RHYTHM SPIN <i>at The Studio</i>	LOWER BODY BURN <i>at The Studio</i>	ZUMBA® <i>at The Studio</i>	UPPER BODY & CORE <i>at The Studio</i>		
7:00 — 7:50 pm			STUDIO HIIT <i>at The Studio</i>		CARDIO & STRENGTH BOOTCAMP <i>at The Studio</i>		

FREE for
Members &
MemberPLUS+

FREE for
MemberPLUS+

*Classes are one hour in length

†Class runs until May 14