



AUGUST 2020

YOGA & FITNESS CLASSES

Please visit our website to view instructor and class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am Pilates (Sue)	7:30am HIIT (Emily)	7:30am Pilates (Sue)		7:30am Functional Flow (Katherine)
8:40am Barre—45 min (Sue)		8:40am Barre—45 min (Sue)	8:30am Yoga for Climbers (Tara)	
		9:30am Yoga for Climbers (Tara)		
		6:30pm Strengthening Yoga (LeeAnn)		

PLEASE NOTE:

- All in-person classes will be limited to 5 participants to allow for social distancing
- Signups are required the day of the class, either at the front desk or by calling in
- Props will not be available. Please bring your own yoga mat, or you can check one out from the front desk
- Yoga & Fitness classes are free for active gym members, or a punch pass or day pass can be used