



# NOVEMBER 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 Pilates (Sue)		7:00am Sunrise Vinyasa (Kristin)
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 Vibe & Flow (Kristin)		6:30pm Strengthening Yoga (LeeAnn)	5:30pm Functional Flow (Katherine)	
	7:30pm HIIT (Emily)		6:45pm Core30 (30 min) (LeeAnn)	

## PLEASE NOTE:

**\*THERE WILL BE NO CLASS THE WEEK OF THANKSGIVING (11/23—11/27)\***

- 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