

YOGA & FITNESS CLASSES

MAY 2021

MONDAY

7:30 am Pilates (Sue)
8:40 am Barre (Sue)

TUESDAY

10:00 am Vibe & Flow (Kristen)
7:00 pm Strengthening Yoga (LeeAnn)

WEDNESDAY

7:30 am Pilates (Sue)
8:40 am Barre (Sue)
9:30 am Yoga for Climbers (Tara)
5:30 pm Functional Flow (Katherine)

THURSDAY

8:30 am Yoga for Climbers (Tara)
6:45 pm Core30 (LeeAnn)

FRIDAY

8:00 am Vibe & Flow (Kristen)

CLASS CANCELLATIONS:

Strengthening Yoga—May 4
Core30—May 6
Pilates & Barre—May 10, 12, 17
Functional Flow—May 19

PLEASE NOTE:

MAX CAPACITY = 5

We are limiting class size to allow for social distancing.

SIGNUP ONLINE

You can call in, visit the gym, or signup online 5 days in advance. Walkins will be allowed up to max capacity.

FREE FOR MEMBERS

Yoga & Fitness classes are free for active gym members. Or a punch pass or day pass can be used.



Blue Granite Climbing Gym
www.bluegraniteclimbing.com
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