



# SEPTEMBER YOGA & FITNESS

## MONDAY

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- 7:30 am Pilates (Sue)
- 8:40 am Barre (Sue)
- 9:40 am Vinyasa (Paul)

## WEDNESDAY

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- 7:30 am Pilates (Sue)
- 8:40 am Barre (Sue)
- 9:40 am Yoga for Climbers (Tara)
- 6:45 pm Strength with TRX (Alexis) - 45 min
- 7:30 pm TRX Stretch (Alexis) - 45 min

## THURSDAY

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- 8:30 am Yoga for Climbers (Tara)