



AUGUST 2019 FITNESS SCHEDULE

SUNDAY

9:00 A.M.
*FLOW YOGA
Wendy

MONDAY

7:00 A.M.
CIRCUIT
Svetlana

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

10:30 A.M.
TAI CHI
The Shed Amphitheater
Kimmy

5:00 P.M.
RESTORATIVE YOGA
Tami

TUESDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Marisa

WEDNESDAY

7:00 A.M.
CIRCUIT
Abby

8:15 A.M.
SPIN
Abby

9:00 A.M.
VINYASA YOGA
Tami

10:30 A.M.
PILATES
Marisa

5:00 P.M.
RESTORATIVE YOGA
Sally

EVENING HIKE & YOGA
AUG 21st at 5:00 p.m.
The Outfitter's Cabin
Wine & Cheese After

THURSDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Jaclyn

10:35 A.M.
WERQ! DANCE
FITNESS
Kirsten

FRIDAY

7:00 A.M.
CIRCUIT
Marisa

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

SATURDAY

8:00 A.M.
SPIN
Marisa

9:00 A.M.
STRETCH 101
Lisa

9:15 A.M.
SPIN(45 min)
Marisa

9:15 A.M.
*AERIAL YOGA
Carolyn

9:30 A.M.
PILATES
Lisa

POP UP CLASS
FENG SHUI LUNCH & LEARN
AUG 10th at 11:00 A.M.
The Shed Art Silo

10:35 A.M.
AQUA AEROBICS
Sara & Lisa

*Classes are held at the Nicklaus Fitness Center & are for Full Members and their guests.