



JULY 2020 FITNESS SCHEDULE

SUNDAY

3:00 P.M.
FLOW YOGA
Wendy

MONDAY

9:00 A.M.
VINYASA YOGA
Tami

10:30 P.M.
QI GONG
TAI CHI
Kimmy

3:30 P.M.
YIN YOGA
Wendy

TUESDAY

8:30 A.M.
HITT 30 MIN
CARDIO
Marisa

9:00 A.M.
VIRTUAL WERQ!
Kirsten

9:30 A.M.
SCULPT & TONE
Jaclyn/Marisa

WEDNESDAY

9:00 A.M.
VINYASA YOGA
Tami

4:00 P.M.
RESTORATIVE
YOGA
Lindsey

THURSDAY

8:30 A.M.
HITT 30 MIN
CARDIO
Tiffany

9:00 A.M.
VIRTUAL WERQ!
Kirsten

9:30 A.M.
SCULPT & TONE
Tiffany/Marisa

FRIDAY

9:00 A.M.
VINYASA YOGA
Tami

SATURDAY

8:30 A.M.
HITT 30 MIN
CARDIO
Marisa

9:30 A.M.
PILATES
Lisa

*All classes require reservations except for the Virtual Werq! class.