



AUGUST 2021 FITNESS SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:00 A.M.
SPIN
Svetlana

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

8:00 A.M.
SPIN
Kathryn

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

8:00 A.M.
SPIN
Lisa

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

9:00 A.M.
**FLOW YOGA
Wendy

9:00 A.M.
VINYASA YOGA
Tami

9:00 A.M.
VIRTUAL WERQ!
Kirsten

9:00 A.M.
VINYASA YOGA
Tami

9:00 A.M.
VINYASA YOGA
Tami

9:15 A.M.
SCULPT & TONE
Jaclyn

9:15 A.M.
SCULPT & TONE
Jaclyn

9:15 A.M.
PAIN FREE
POSTURE PILATES
Lisa

10:30 A.M.
**TRX
Garrett

10:30 A.M.
**TRX
Garrett

10:30 A.M.
AQUA AEROBICS
Lisa/Sara

4:00 P.M.
RESTORATIVE
YOGA
Lindsey

10:30 A.M.
**ARIEL YOGA
Wendy