

# WINTER FITNESS CLASSES 2024-2025 updated 12/10/24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-8:45 Pilates w/ Kathy		8:00-8:45 Pilates w/ Kathy		8:30-9:15 Pilates w/ Lynn	
	9:00-9:45 Cardio, Core, and More w/ Kathy		9:00-9:45 Cardio, Core, and More w/ Kathy		8:45-9:45 *** Indoor Cycle w/ Matt	
10:00-11:00 YOGA w/ Scott	10:00-11:00 YOGA w/ Carol	10:00-11:00 YOGA w/ Scott		10:00-11:00 YOGA w/ Scott	10:00-11:00 YOGA w/ Scott	
	5:30-6:30 *** 30-20-10 w/ Anne					
5:30-6:30 GENTLE YOGA w/ Olivia	5:45-6:45 TKD Dynamics w/ Ludo	5:30-6:30 Yoga w/ Carol	5:45-6:45 TKD Dynamics w/ Ludo	5:30-6:30 Yoga w/ Carol		studio track * cycle hall ***

