



CLUB FITNESS WINTER/SPRING SCHEDULE NOVEMBER '21 - APRIL '22

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30am (60min) Strength & Conditioning Hannah V.	7:30am (45min) Cardio & X-Conditioning Hannah V.	7:30am (60 min) Strength & Conditioning Hannah V.	7:30am (45min) Cardio & X-Conditioning Hannah V.		
	8:00am (60min) VIRTUAL Pilates Lisa W.	8:45am (60min) Barre: Sculpt Heidi M.	9:00am (60min) Tabata Lisa W.	9:00am (60min) Yoga: Strong Victoria M.	8:45am (60min) Barre: Sculpt Heidi M.	9:00am (60min) Yoga: Flow Stephanie P.
	10:00am (60min) Fit to Dance Sindy I.	10:00am (60min) VIRTUAL Yoga: Flow Brent B.			10:00am (60min) Fit to Dance Sindy I.	
			12:00pm (60min) VIRTUAL Yoga: Stretch Brent B.			
4:30pm (75min) Monthly Candlelit Yoga & Meditation Guro H.	4:00pm (60min) VIRTUAL Après Ski Yoga: Flow Guro H.	4:00pm (60min) Winter Sports Conditioning Hannah V.	4:00pm (45min) WERQ Sunny R.	4:00pm (60min) Winter Sports Conditioning Hannah V.		

Please see online schedule for class updates and holiday schedules.

Modifications may be available upon request and disclosure; please arrive to class early to discuss your individual needs with the instructor.

*Please note that class size is limited, so kindly register prior to class or cancel your registration if you're unable to join, either online or by calling Member Service at 435-657-4080. Thank you! See you in class.

IN-STUDIO

VIRTUAL

MONTHLY