



# CLUB FITNESS

summer '22

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	7:15 am (60 min) STRENGTH & CONDITIONING — Hannah V —	7:15 am (45 min) CORE & CARDIO — Hannah V —	7:15 am (60 min) TABATA — Lisa Willey —	7:15 am (45 min) CORE & CARDIO — Hannah V —	7:15 am (60 min) STRENGTH & CONDITIONING — Hannah V —	
8:45 am (60 min) YOGA: RESTORE — Guro Hirsch —	8:00 am (60 min) <b>VIRTUAL MAT PILATES</b> — Lisa Wark —	8:15 am (60 min) BARRE: MOVE — Heidi Manning —	9:00 am (60 min) <b>OFF-SITE MEMORIAL HILL</b> — Stephanie Potempa —	8:15 am (60 min) BARRE: MOVE — Heidi Manning —		9:00 am (60 min) YOGA: FLOW — Stephanie Potempa —
		10:00 am (60 min) <b>VIRTUAL YOGA: FLOW</b> — Brent Burningham —	10:15 am (45 min) WERQ: DANCE FITNESS — Sunny Ralph —	10:00 am (60 min) OUTDOOR YOGA: FLOW — Check Schedule —		
	10:00 am (60 min) FIT to DANCE — Sindy Ingerson —	10:00 am (45 min) CLUBHOUSE POOL AQUAFIT — Rochelle Richards —	12:00 pm (60 min) <b>VIRTUAL YOGA: STRETCH</b> — Brent Burnham —	10:00 am (45 min) CLUBHOUSE POOL WATER WELLNESS — Britt Poppinga —	10:00 am (60 min) FIT to DANCE — Sindy Ingerson —	
	4:00 pm (60 min) YOGA: FLOW — Guro Hirsch —		4:30 pm (45-60 min) WEEKLY ROTATION — Check Event Calendar for Updated Info —			

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**

**OFF-SITE**