



May 31, 2020 – June 6, 2020

Fitness Schedule

*All classes are scheduled in the GROUP EXERCISE STUDIO unless otherwise noted.

*NEW Online Class Options!
Contact Adam Sorum for Zoom Meeting ID.

MON	TUES	WED	THURS	FRI	SAT	SUN
		5:35am Yoga Kerri Yoga Studio	5:45 am Total Body Fusion Shantel			
	9:30 am YogaFlex Patti		9:30 am YogaFlex Patti	7:00 am ZOOM Strength Sonia Online	8:15 am NuBody Julie	
11:05 am Yoga Therapy Mandy Yoga Studio	11:30 am Bootcamp Sonia		11:30 am Bootcamp Sonia			
12:05 pm Sleep Meditation Yoga Mandy Yoga Studio	4:00 pm Pilates Sheila Yoga Studio		4:00 pm Pilates Sheila Yoga Studio			
4:30 pm BOOM Muscle 5:00 pm BOOM Move Patti	4:30 pm NuBody Julie	4:30 pm BOOM Muscle 5:00 pm BOOM Move Patti	4:30 pm NuBody Julie			

Group Fitness Participant Guidelines

- Classes will be limited to 15 plus the instructor in the main group exercise studio.
- Masks are recommended but not required unless you need to break social distancing practices.
- There will be assigned spaces in each class room with instructors staging the room before class so participants can enter the room, grab a wipe and go directly to an open spot.
- If instructors can't stage the room then masks would be required while participants collect their equipment.
- Once members are back in their spot they can remove their masks during the class.