

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>LEVEL UP HIIT</b> 6:30 - 7:00 am Maryann			<b>FITNESS SpeedFit Circuits</b> 9:00 - 9:45 am Rob	
	<b>YOGA Chair Yoga</b> 11:00 am - NOON Cynthia		<b>FITNESS Power Barre</b> 11:00 - 11:45 am Yumelia			<b>YOGA Vinyasa Flow</b> 11 am - NOON Lindsey
<b>FITNESS 30 / 30</b> NOON - 12:30 pm Rob	<b>YOGA Yoga for Stiff Bodies</b> 12:30 - 1:30 pm Cynthia		<b>FITNESS 30 / 30</b> NOON - 12:30 pm Rob	<b>YOGA for Body, Mind &amp; Spirit</b> NOON - 1:00 pm Cynthia		
<b>YOGA Hatha Flow</b> 5:15 - 6:15 pm Lauren	<b>YOGA Yoga Essentials</b> 5:30 - 6:30 pm Cynthia	<b>YOGA Yoga for Stiff Bodies</b> 5:30 - 6:30 pm Cynthia				
	<b>YOGA Hatha Flow</b> 6:30 - 7:30 pm Devin	<b>FITNESS More Core</b> 5:30 - 6:00 pm Josh	<b>FITNESS FITT CAMP</b> 6:00 - 6:45 pm Rob			

**VIRTUAL**  
Pre-registration Required.  
Drop-in or Memberships.  
Meet on Zoom.

**IN-PERSON**  
Pre-registration Required.  
No walk-ins.  
Drop-in or Memberships.