

# JUNE - AUGUST GROUP FITNESS

*Monday*

Strength Express  
6:30-7:00  
*Matt*

Pilates  
11:30-12:15  
*Anna*

Yin Yoga  
12:30-1:15  
*Emma*

*Tuesday*

Total Body Pump  
6:30-7:15  
*Matt*

Total Body Pump  
11:30-12:15  
*Breanna*

Vinyasa Yoga  
12:30-1:15  
*Paula*

*Wednesday*

Sunrise Yoga  
6:30-7:15  
*Paula*

TRX, Ropes, and  
Med Balls  
11:30-12:15  
*Matt*

Vinyasa Yoga  
12:30-1:15  
*Paula*

*Thursday*

Sky High Circuit  
Strength  
6:30-7:15  
*Matt*

Cardio & Core  
Blast  
11:30-12:05  
*Breanna*