

April Fitness Schedule - HIIT STUDIO Only



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Spring Conditioning 5:30 - 6:30 PM Thor Knutson <i>HIIT Studio</i></p>			
	<p>Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner <i>HIIT Studio</i></p>		

REGISTRATION

Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a \$5 fee. No refunds after the start of class will be issued.

FITNESS CLASS SIGN IN

Before every fitness class all participants are required to check in with the front desk and sign in on the roster found in the classroom or workout area.