

February Fitness Schedule - Group Exercise #2 Only



Monday	TUESDAY	Wednesday	Thursday	SATURDAY	SUNDAY
Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2	Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2				
	Mat Pilates 9:00 - 10:00 AM Paige Walker Group Exercise 1 or 2		Vinyasa Flow Yoga 9:00 AM - 10:00 AM Derik McCuiston Group Exercise 2		
			Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2	Align & Flow Yoga 10:30AM - 11:30AM Megan Beener Group Exercise 2	Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2
		L1 Aerial Arts: 6-8 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2	L1 Aerial Arts: 8+ 3:45 - 5:00 PM Giuliana Sheldon Group Exercise 2		
	L1 Aerial Arts 8+ 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2	L2/3 Aerial Arts 5:15 - 6:15 PM Giuliana Sheldon Group Exercise 2			
	Creative Dance 7:00PM - 8:00PM Malinda Rinne Group Exercise 2				

Classes at a Glance

Aerial Fitness

Strength Training Focus

Active Aging

Cardiovascular Focus

Mind/Body

Class Series

Other

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Other

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.