


February Fitness Schedule - HIIT STUDIO Only					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan <i>HIIT STUDIO</i>		Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan <i>HIIT STUDIO</i>		Intro to Strength Training 7:45 - 8:45 AM Matt & Cherie Chan <i>HIIT STUDIO</i>	
Winter Conditioning 5:30 - 6:30 PM Thor Knutson <i>HIIT Studio</i>					
	Intro to Olympic Lifting 6:30 - 7:30 PM Nico Rithner <i>HIIT Studio</i>		Winter Conditioning 6:00 - 7:00 PM Sonia Chowdhury <i>HIIT Studio</i>		

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 t he classroom or workout area.