

July Fitness Schedule - Group Exercise #2 Only



Monday	Tuesday	Wednesday	Thursday	SUNDAY
	Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2			
	Mat Pilates 9:00AM - 10:00AM Paige Walker Group Exercise 2 No Class 7/28			
		Aerial Yoga 10:00AM - 11:00AM Giuliana Sheldon Group Exercise 2		Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2 No Class July 26th
			Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2 No Class 7/9	
		Wellness Coaching 11:45 - 12:30 PM Dani Deramo Group Exercise 1		
		Wellness Coaching 1:00 - 1:45 PM Dani Deramo Group Exercise 1		
Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2			Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2	

Classes at a Glance

- Aerial Fitness
- Strength Training Focus
- Active Aging
- Cardiovascular Focus
- Mind/Body
- Class Series
- 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.

