

July Fitness Schedule - HIIT STUDIO Only



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Summer Conditioning 6:30 - 7:30 AM Thor Knutson <i>HIIT Studio</i>		Summer Conditioning 6:30 - 7:30 AM Thor Knutson <i>HIIT Studio</i>
	Olympic Weightlifting - All Levels 5:30 - 6:30 PM Nico Rithner <i>HIIT Studio</i> NEW SERIES STARTS 7/7!		Olympic Weightlifting - All Levels 5:30 - 6:30 PM Nico Rithner <i>HIIT Studio</i> NEW SERIES STARTS 7/7!

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.