

January Fitness Schedule - Group Exercise #2 Only



Monday	TUESDAY	Wednesday	Thursday	SATURDAY	SUNDAY
	<b>Power Vinyasa</b> 7:45AM - 8:45AM Stacy Kempfer <i>Group Exercise 2</i>		<b>Our facility will be closing at 4pm New Years Eve. We will open at 9am New Years Day! No fitness classes New Years Day. Happy Holidays!</b>		
	<b>Mat Pilates</b> 9:00 - 10:00 AM Paige Walker <i>Group Exercise 1 or 2</i>		<b>Vinyasa Flow Yoga</b> 9:00 AM - 10:00 AM Derik McCuiston <i>Group Exercise 2</i>		
			<b>Aerial Conditioning &amp; Flow</b> 11:00AM - 12:00PM Giuliana Sheldon <i>Group Exercise 2</i>	<b>Align &amp; Flow Yoga</b> 10:30AM - 11:30AM Megan Beener <i>Group Exercise 2</i>	<b>Power Vinyasa</b> 10:30AM - 11:30AM Stacy Kempfer <i>Group Exercise 2</i>
<b>Align &amp; Flow Yoga</b> 5:30 - 6:30 PM Megan Beener <i>Group Exercise 2</i>		<b>L1 Aerial Arts: 6-8</b> 3:45 - 5:00 PM Giuliana Sheldon <i>Group Exercise 2</i>	<b>L1 Aerial Arts: 8+</b> 3:45 - 5:00 PM Giuliana Sheldon <i>Group Exercise 2</i>		
		<b>L1 Aerial Arts 8+</b> 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</i>	<b>L2/3 Aerial Arts</b> 5:15 - 6:15 PM Giuliana Sheldon <i>Group Exercise 2</i>		
		<b>Creative Dance</b> 7:00PM - 8:00PM Malinda Rinne <i>Group Exercise 2</i>			

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.