

August Fitness Schedule							
MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SUNDAY	
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty Gymnastics Studio	Summer Conditioning 6:30 - 7:30 AM Thor Knutson HIIT Studio			Summer Conditioning 6:30 - 7:30 AM Thor Knutson HIIT Studio			
Power Sculpt 7:45 - 8:45 AM Deanne Bugos Group Exercise 1	Power Vinyasa 7:45AM - 8:45AM Stacy Kempfer Group Exercise 2		Power Hour 7:30 - 8:30 AM Katie Hardie Group Exercise 1			Yoga Fusion 8:00 AM - 9:00 AM Christina Russell Group Exercise 1	
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool	Mat Pilates 9:00AM - 10:00AM Paige Walker Group Exercise 2		Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick Pool			Silver Sneakers Splash 9:00 - 10:00 AM Ana Morales Pool	
SS Yoga 10:15 - 11:15 AM Dallas Franklin Group Exercise 1	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1 No Class 8/4 or 8/11		Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	Aerial Yoga 10:00AM - 11:00AM Giuliana Sheldon Group Exercise 2		Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner Group Exercise 1 No Class 8/7	
				SS Yoga 10:15 - 11:15 AM Kristen Hessler Group Exercise 1	Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon Group Exercise 2	Power Vinyasa 10:30AM - 11:30AM Stacy Kempfer Group Exercise 2	
						Classes at a Glance Aerial Fitness Strength Training Focus Active Aging Cardiovascular Focus Mind/Body Class Series Other	
Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner HIIT Studio	Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2		Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner HIIT Studio Series ends 8/26	Align & Flow Yoga 5:30 - 6:30 PM Megan Beener Group Exercise 2			
FALL Jiu-Jitsu: Begins 8/17 Age 6 - 9: 4:30 - 5:20PM Age 10 - 13: 5:30 - 6:20PM Adult 14+ 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1			FALL Jiu-Jitsu: Begins 8/17 Age 6 - 9: 4:30 - 5:20PM Age 10 - 13: 5:30 - 6:20PM Adult 14+ 6:30 - 7:30 PM Raoni Orlandi Group Exercise 1			Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon Gymnastics Studio	

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.