

September Fitness Schedule - Group Exercise #2 Only					
Monday	Tuesday	Wednesday	Thursday	SUNDAY	
	Mat Pilates 9:00AM - 10:00AM Paige Walker <i>Group Exercise 2</i>		Vinyasa Yoga 9:00AM - 10:00AM Derik McCuiston Group Exercise 2		
		Aerial Yoga 10:00AM - 11:00AM Giuliana Sheldon <i>Group Exercise 2</i> No Class 9/2			
			Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon <i>Group Exercise 2</i>		

Classes at a Glance

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

FACILITY CLOSURE WEEK IS 9/20 - 9/26 THERE WILL BE NO FITNESS CLASSES
 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.

