

October Fitness Schedule - Group Exercise #2 Only					
Monday	Tuesday	Wednesday	Thursday	Sunday	
	Mat Pilates 9:00AM - 10:00AM Paige Walker <i>Group Exercise 2</i> No Class 10/20&10/27		Vinyasa Yoga 9:00AM - 10:00AM Derik McCuiston Group Exercise 2		
				Power Vinyasa 10:30AM - 11:30AM Stacy Cravens Group Exercise 2 No Class 10/25	
Align & Flow Yoga 5:30PM - 6:30PM Megan Beener <i>Group Exercise 2</i>	Dance Vibes 5:30 - 6:30 PM Kristi Sornson <i>Group Exercise 2</i> No Class 10/13				Classes at a Glance 

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.

