

GROUP WELLNESS CLASS SCHEDULE

Reservations are required for all wellness classes, personal trainings, and complimentary classes.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
8:00	Meditation/ Mindfulness Sampler	Meditation/ Mindfulness Sampler	Meditation/ Mindfulness Sampler	Meditation/ Mindfulness Sampler	Meditation/ Mindfulness Sampler	Meditation/ Mindfulness Sampler	Meditation/ Mindfulness Sampler
8:30	Physique Peak	Physique Peak	Body Balance	Physique Peak	Body Balance	Physique Peak	Physique Peak
9:00	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
9:30	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
10:30	Makin' Waves	Makin' Waves	Makin' Waves	Makin' Waves	Makin' Waves	Makin' Waves	Makin' Waves
10:30	Cardio Sculpt	Pilates	Cardio Sculpt	Pilates	Cardio Sculpt	Pilates	Cardio Sculpt
11:30	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
2:00	Body Balance	Body Balance	Stretch	Body Balance	Stretch	Body Balance	Stretch
2:30	Makin' Waves	Makin' Waves	Makin' Waves	Makin' Waves	Makin' Waves	Makin' Waves	Makin' Waves
2:30	Pilates	Gentle Yoga	Pilates	Gentle Yoga	Pilates	Gentle Yoga	Gentle Yoga

*Proper fitness attire is required in all classes. Sneakers are not required for Pilates and Yoga.
Closed toe foot gear required for Morning Walk. Classes are subject to change or cancellation without notice.*