

TODAY'S GROUP FITNESS CLASSES
THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00 AM	Cycle-45	Studio 4	Preya
7:00 AM	Vinyasa Yoga	Studio 3	Liz A.
8:30 AM	TRX-30	TRX Arena	Brynne
9:00 AM	Gentle Yoga	Studio 3	Sarah H.
9:00 AM	Tread	Fitness Ctr Treadmills	Jason
10:05 AM	Zumba™	Studio 3	Monica
11:00 AM	Aquafit	Adult Pool	Fitness Staff
11:10 AM	Golden Sneakers Stretch	Studio 3	Jason
5:00 PM	Vinyasa Yoga	Studio 3	Audrey
6:15 PM	Restorative Yoga	Studio 3	Audrey
6:30 PM	Cycle-45	Studio 4	Amy