

TODAY'S GROUP FITNESS CLASSES
FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30 AM	20-Min H.I.I.T.	Basketball Court	Sarah C.
9:00 AM	B.G.X.	Studio 2	Sarah C.
9:30 AM	Cycle-60	Studio 4	Robbie
9:30 AM	Vinyasa Yoga	Studio 3	Heather
11:00 AM	Aquafit	Adult Pool	Sarah C.
5:30 PM	Abs X-press +	Studio 2	Robbie