

**TODAY'S GROUP FITNESS CLASSES**  
**THURSDAY**

<b>TIME</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
6:00 AM	Cycle-45	Studio 4	Preya
7:00 AM	Vinyasa Yoga	Studio 3	Liz A.
8:30 AM	TRXpress	TRX Arena	Brynne
9:00 AM	Gentle Yoga	Studio 3	Sarah H.
9:00 AM	Trail Mix	Fitness Ctr. Treadmills	Jason
10:05 AM	Zumba™	Studio 3	Monica
11:00 AM	Aquafit	Adult Pool	Taylor
11:10 AM	Golden Sneakers Stretch	Studio 3	Jason
6:15 PM	Vinyasa Yoga	Studio 3	Audrey
6:30 PM	Cycle-45	Studio 4	Amy
7:30 PM	Slow Flow Restorative Yoga	Studio 3	Audrey