

impact

SPORTS AND FITNESS

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:45am	LeHitt (Anita)	(5:30) Tabata Spin (LauroI)	Zip Force (Anita)	(5:30) Abs! Buns! Thighs! (LauroI)	
6:00am		Yogalates (Chelsi)		Flow and Restore Yoga (LauroI)	
8:00am		Instructors Choice (Anita)		Instructors Choice (Anita)	Breathe & Bend Yoga (Kat)
9:00am		Stay Strong (Sandy)		Stay Strong (Sandy)	
10:00am		Live to Move (Sandy)		Live to Move (Sandy)	
5:30pm			(5:15) Yoga Flow (Chelsi)		
6:00pm	Quick Spin (Maurice)	TRX Blast (LauroI)	Combat Warrior (Maurice)		

4 Week Session

February 1st – February 26th

**When signing up for yoga classes please be aware that participants must bring their own mat. The facility does not provide one.*