



Trial Class Schedule

DROP IN FROM
MARCH 16 - MARCH 30



Scan for more info

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 Interval Cycle with
 Giselle
 5:15 - 6PM



  Foam Roll & Yoga
 Stretch with Jenna
 6:30 - 7:30PM

 Interval Cycle with
 Cathy
 9:30 - 10:15AM

 TRX Strength
 Foundations with
 Sarah
 5:15 - 6PM

SOLD OUT

 Rhythm Cycle
 with Mona
 5:15 - 6PM

  Balance & Core
 Pilates with
 Gillian
 9:30 - 10:30AM

  Yoga for Desk
 Workers
 with Jenna
 5:30 - 6:30PM

  Strengthen to
 the Beat
 with Lori
 9:30 - 10:30AM

 YOGA/PILATES/MOBILITY
 STRENGTH
 CYCLE

 OFFERED IN-STUDIO
 OFFERED VIRTUALLY

All programs will be 8-week
 registration starting Saturday, April 1