



WINTER BREAK

JANUARY 10 - 20

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM					
11:00 AM					
12:00 PM					
12:30 PM	Yoga 12:30-1:30pm Kristen	30 Minute Spin 12:30-1:00pm Kristen	Yoga 12:30-1:30pm Kristen	30 Minute Spin 12:30-1:30 Kristen	
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
5:30 PM					
	30 Minute Spin 5:30 - 6:00pm Abigailgrace	Yoga 5:30 - 6:30pm Shannon	30 Minute Spin 5:30 - 6:00pm Abigailgrace	Yoga 5:30-6:30 Shannon	
6:00 PM	Pilates 6:00 - 6:30pm Abigailgrace	Interval Training 6:00 - 7:00pm Brian	Pilates 6:00-6:30 Abigailgrace	Interval Training 6:00-7:00 Brian	

Room 240
Room 250
Room 260



INTERVAL TRAINING: This action packed class combines cardio and strength training intervals to increase speed, strength and endurance!



PILATES: This system of physical conditioning involves low-impact exercises and stretches to increase flexibility, strength, balance and body awareness. All fitness levels are welcome.



SPIN/30 MINUTE SPIN: Enjoy riding to improve aerobic and muscular endurance. Squeeze a workout into your lunch break or between classes with 30 minute spin!



YOGA: Decrease stress levels using breathing techniques while performing a variety of poses to increase strength, flexibility and balance. All levels welcome!