


GROUP EXERCISE SCHEDULE WINTER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00A ATH. COND. MARY DARE	8:15-9:00A ATH. COND. MARY DARE	8:15-9:00A ATH. COND. MARY DARE	8:15-9:00A ATH. COND. MARY DARE	8:15-9:00A ATH. COND. MARY DARE	
9:30-10:30A MAT PILATES JENN	9:30-10:30A VINYASA FLOW SUZANNE	9:30-10:30A VINYASA FLOW JENN	9:30-10:30A VINYASA FLOW SUZANNE	9:30-10:30A MAT PILATES JENN	9:00-10:00A VINYASA FLOW SALLY
		10:45-11:45A MAT PILATES JENN	10:45-11:45A FOUNDATION TRAINING JOSH		10:30-11:30A FOUNDATION TRAINING JOSH
12:00-1:00P SLOW FLOW SUZANNE	12:15-1:00P ATH. COND. ALAN	12:00-1:00P SLOW FLOW MEG	12:15-1:00P ATH. COND. ALAN	12:00-1:00P VINYASA FLOW SALLY	
5:30-6:30P VINYASA FLOW SALLY		5:30-6:15P ATH. COND. ALAN			

CLASS DESCRIPTIONS

ATHLETIC CONDITIONING (ATH. COND.)

High intensity class focusing on cardio, strength, balance, plyometric drills, and core work. All levels, modifications offered.

FOUNDATION TRAINING

Uses the principles of biomechanics to improve posture and relieve back and joint pain. All levels, beginner friendly.

MAT PILATES

A strengthening and lengthening form of exercise that focuses on your core muscles. Props will be provided. All levels, modifications offered.

SLOW FLOW

This class offers all the benefits of vinyasa yoga at a slower pace. All levels, beginner friendly.

VINYASA FLOW

Build strength, flexibility and concentration while moving the body. All levels.

PRICING

DROP IN CLASS - \$22

**5 CLASSES FOR \$55
(NEW STUDENTS ONLY)**
(EXPIRES 30 DAYS)

10 CLASS PASS - \$175
(EXPIRES 1 YEAR)

MONTH UNLIMITED - \$130
(AUTO-DRAFT 12 MONTHS)

MONTH UNLIMITED - \$150
(EXPIRES 30 DAYS)

Pricing subject to change. Please see website for details.

