

AUGUST GROUP EX SCHEDULE

Reserve your spot in Mindbody starting at midnight two days before your class.

In inclement weather, spin classes will be cancelled. All other classes will be held in the Community Room.

Virtual classes are included in your membership and are not an additional cost.

Additional spaces will be filled on a first-come-first-served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO CRAZE PATIO 6:15 - 7:00 a.m. <i>with Caylene</i>	SPIN PATIO 6:15 - 7:00 a.m. <i>with Jess</i>	SPIN PATIO 8:15 - 9:15 a.m. <i>with Theresa</i>	ADVANCED/INTER. PILATES VIRTUAL 9:30 - 10:30 a.m. <i>with Lynn</i>	SPIN PATIO 6:15 - 7:00 a.m. <i>with Jess</i>	SPIN PATIO 8:00 - 8:45 a.m. <i>with Jess</i>
PUMP IT UP STRENGTH PATIO 8:15 - 9:00 a.m. <i>with Theresa</i>	MAT PILATES VIRTUAL 9:30 - 10:30 a.m. <i>with Lynn</i>	CIRCUIT TRAINING PATIO/VIRTUAL 9:45 - 10:30 a.m. <i>with Theresa</i>	PUMP IT UP STRENGTH PATIO 9:45 - 10:30 a.m. <i>with Theresa</i>	SPIN PATIO 9:30 - 10:15 a.m. <i>with Theresa</i>	TABATA PATIO/VIRTUAL 9:00 - 9:45 a.m. <i>with Theresa</i>
SPIN PATIO 9:30 - 10:30 a.m. <i>with Theresa</i>	ESCAPE PATIO 9:45 - 10:30 a.m. <i>with Dante</i>	BOOTCAMP PATIO 6:00 - 6:45 p.m. <i>with Dante</i>	BOOTCAMP PATIO 6:00 - 6:45 p.m. <i>with Dante</i>		SUNDAY
Zumba PATIO 6:00 - 7:00 p.m. <i>with Lin</i>	YOGA COMMUNITY ROOM/ VIRTUAL 10:00 - 11:00 a.m. <i>with Theresa</i>	SPIN PATIO 7:15 - 8:00 p.m. <i>with Amy</i>	VINYASA YOGA PATIO 7:00 - 8:00 p.m. <i>with Alyssa</i>		SPIN PATIO 9:15 - 10:15 a.m. <i>with Jen</i> <i>*starting Aug. 9</i>
	VINYASA YOGA PATIO 7:00 - 8:00 p.m. <i>Alyssa</i>				