

# Group Fitness *Fall 2023*


## Monday

## Tuesday

## Wednesday


## Thursday


## Friday

 **Mike**  
**Cycle Circuit**  
 06:15am - 07:00am  
 Starts 9/1

 **Lillian**  
**HIIT**  
 08:00am - 08:45am


 **Mike**  
**Cycle Circuit**  
 06:15am - 07:00am  
 Starts 9/1

 **Lillian**  
**HIIT**  
 08:00am - 08:45am

 **Bry**  
**FIT30**  
 12:15pm - 12:45pm

 **Elyssa**  
**Mobility Flow**  
 01:30pm - 02:15pm


 **Bry**  
**FIT30**  
 12:15pm - 12:45pm


 **Elyssa**  
**Mobility Flow**  
 01:30pm - 02:15pm

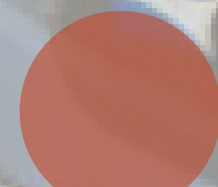
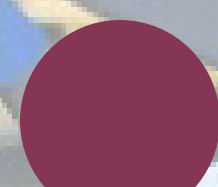
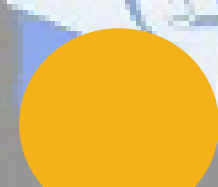
 **Bry**  
**Zumba**  
 04:00pm - 04:45pm

 **Dante**  
**Strictly Strength**  
 03:00pm - 03:45pm

 **Elyssa**  
**Cycle**  
 04:00pm - 04:45pm




 **Heather**  
**Beginner Yoga**  
 06:15pm - 07:00pm



 **Heather**  
**Beginner Yoga**  
 06:15pm - 07:00pm



 **Lower Fit**  
 **Upper Fit**  
 **SynRgy**



**Register Now!**

 **HIIT**      **Beginner Yoga**      **Cycling Cycling Circuit Ride& Relax**

 **Mobility Flow**      **FIT30**

 **Zumba**      **Strictly Strength**