

# Fitness Class Schedule

## Personal Training sessions available with Cathy, Kevin, or Sophia

All classes are Free to Members and Room Guests

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Yin Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga		
10:00 am						Hatha Yoga	Beginner's Yoga
10:30 am	Cardio Pump	Kundalini Yoga <small>(cxld 8/23-9/13)</small>	Cardio Pump	Kundalini Yoga <small>(cxld 8/23-9/13)</small>	Cardio Pump		
10:30 am	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		
11:00 am						Zumba	
Noon		Pilates		Pilates			
6:30 pm			Beginner's Yoga				

All members must sign the attendance sheet per class. Non-members must pay \$10 per class at front desk.

\*All classes subject to change. Additional workshops and/or classes may have an extra charge.