



## Group Fitness Schedule Block 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00 am		Sunrise Yoga <i>Caroline</i>	** Spinning <i>Kaitlyn</i>	Sunrise Yoga <i>Caroline</i>	
11:00 – 11:50 am	Fit 4 Life <i>Christina,</i> <i>rec gym</i>		Fit 4 Life <i>Christina,</i> <i>rec gym</i>		Fit 4 Life <i>Christina,</i> <i>rec gym</i>
2:00 – 3:00 pm		Hip Hop Dance <i>Lilah</i>	Kick/Boxing <i>Lennea</i>		Vinyasa Yoga <i>Lindsey</i>
3:15 – 4:15 pm	HITT <i>Margaux</i>	Cardio Blast <i>Ella</i>	Vinyasa Yoga <i>Chase</i>	Body Weight Strength <i>Ella</i>	
4:30 – 5:30 pm	Total Body Strength <i>Ella</i>	Slow Flow Yoga <i>Margaux</i>	Partner Intervals <i>Ella</i>	Yin Yoga <i>Misty</i>	Grappling <i>Owen</i>
6:00 – 7:00 pm	Grappling <i>Owen</i>	Meditation <i>LeAnne</i>	HIIT <i>Margaux</i>	Line Dancing <i>Sarah</i>	
7:30 – 8:30 pm	Slow Flow Vinyasa Yoga <i>Lindsey</i>	Kick/Boxing <i>Lennea</i>	Vinyasa Yoga <i>Lindsey</i>	Kick/Boxing <i>Lennea</i>	
8:30 – 9:30 pm	** Spinning <i>Kaitlyn</i>			Hip Hop Dance <i>Lilah</i>	

- Only Fit 4 Life will be held all 4 weeks. No other classes are led during 4<sup>th</sup> week.
- \*\* Spinning classes require a sign-up: <https://www.signupgenius.com/go/10C0E4AACAE2BA2FBC43-54374750-block#/>