



**Group Fitness Schedule  
Block 7**

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

\* Spinning classes are limited to the first 7 people who show up for the class.

\*\* Tuesdays only, meet at the north entrance to the fitness center.