



CLASS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 8:55am FIT Core with Corry	8:30 - 8:55am FIT Core with Lisa	9:00 - 9:45am FIT Interval with Shiko	8:30am - 8:55am FIT HIIT with Corry	8:30 - 9:15am FIT Sculpt with Kim
9:00 - 9:45am FIT Strength with Corry	9:00 - 9:45am Zumba with Lisa	10 - 10:45am FIT Sculpt with Marie	9:00am - 9:45am FIT Strength with Corry	10:00 - 10:45am Zumba with Shiko
10:00 - 10:45am Zumba with Shiko	10:00 - 10:45am Yoga Rehab with Rebecca		10:00 - 10:45am Yoga Rehab with Rebecca	

Class Club Rules:

1. Please arrive 5 minutes prior to class. Wait list and walk up slots will begin to be released 5 minutes before classes begin.
2. Please cancel your class reservation if you cannot attend class. After 3 no-shows, you will need to rely on walk-up only for 30 days.
3. Store bags in lockers. Bring only water and towel into the class space.
4. Keep conversation to a minimum. Put that focus and energy into your workout and your neighbors will be able to do the same.
5. Please wipe down and store your equipment after class. Clean up, clean up, everybody everywhere.....
6. Have a great workout!