

September 2022 – Group Fitness

Classes with an * are available via zoom.

To attend in-studio, please sign in through MINDBODY online. Limited to 8 clients in-studio.

Zoom Meeting ID: 535 554 1261 Passcode: fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:30a Strength* 8:30a Strength* 5:30p Strength	2 8:30a Functional Flexibility* 1:30p Pietra	3 10:15a Core Conditioning*
4 NO CLASS	5 9:00a Pietra	6 7:30a Strength* 8:30a Strength 5:30p Strength	7 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	8 7:30a Strength* 8:30a Strength* 5:30p Strength	9 8:30a Functional Flexibility* 1:30p Pietra	10 10:15a Core Conditioning*
11 3:00p Pietra	12 5:45p Pietra	13 7:30a Strength* 8:30a Strength	14 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	15 7:30a Strength* 8:30a Strength* 5:30p Strength	16 8:30a Functional Flexibility* 1:30p Pietra	17 9:30a Core Conditioning*
18 3:00p Pietra	19 5:45p Pietra	20 7:30a Strength* 8:30a Strength 5:30p Strength	21 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	22 7:30a Strength* 8:30a Strength* 5:30p Strength	23 8:30a Functional Flexibility* 1:30p Pietra	24 10:15a Core Conditioning*
25 3:00p Pietra	26 5:45p Pietra	27 7:30a Strength* 8:30a Strength	28 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	29 7:30a Strength* 8:30a Strength* 5:30p Strength	30 8:30a Functional Flexibility* 1:30p Pietra	