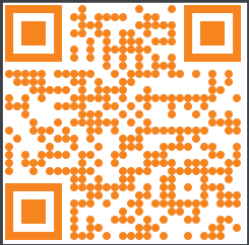


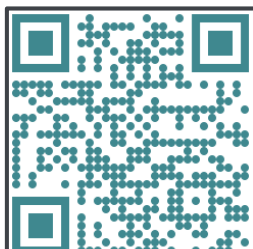
# All classes are free for members

Descriptions are available online  
Classes are 1 hour unless listed otherwise



Yoga
Fitness

Midtown							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM			Strong Fit w/ Sebastian				
9:00 AM		Slow Burn w/ Katherine		Slow Flow w/ Maggie			
10:00 AM						All-Levels Hatha w/ Corey	
Noon		Climb Fit w/ Adam	Gentle w/ Kelly Z.				
5:30 PM	Acro (75 mins) w/ Dev & Caroline	Peak Fit: Performance w/ Eliana		Flow & Glow w/ Corey	Vinyasa Flow w/ Corey	Yoga Unleashed (Metal music) (75 mins) w/ Corey <u>*See dates</u>	
6:00 PM							
7:00 PM		Restorative w/ Ana	Slow Burn w/ Katherine	Mobility Fit W/ Chris	Rocket Vinyasa (75 mins) w/ Marci		
8:00 PM	*Yoga Unleashed will take place June 13th, August 8th, October 10th, & December 12th						

North							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM				Hatha w/ Whitney			
10:00 AM							Sunday Bliss w/ Zelma
Noon					Peak Fit: Power w/ Eliana		
2:00 PM						Yogalates Fit w/ Kelly Z.	
5:30 PM	Zen Flow w/ Hazel		Pilates Fit w/ Jody	Hatha Flow/Yin (75 mins) w/ Cricket	Hatha/ Myofascial Release w/ Jenni		
6:00 PM		Peak Fit: Stability w/ Eliana					
7:00 PM	Rocket Vinyasa (75 mins) w/ Marci		Inversion & Flexibility (75 mins) w/ Marci	Climb Fit w/ Adam			
8:00 PM							