




GROUP FITNESS SCHEDULE Fall 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|
| 5:45-6:30 CYCLING Lisa | 5:45-6:30 SPIN + SCULPT Amanda | 5:45-6:30 CYCLING Haley | 5:45-6:30 Bootcamp Lisa | 5:45-6:30 CYCLING Haley | |
| 9:15-10:15 WARM Gentle Flow Hali | 9:15-10:00 CYCLING Ceejay | 9:15-10:00 Butts N' Guts Julie | 9:15-10:15 SPIN + SCULPT Amanda | 9:15-10:15 HOT Vinyasa Yoga Taiyler | 9:15-10:00 CYCLING Instructor Rotation |
| 10:30-11:15 CYCLING Amanda | | | | | 10:15-11:15 HOT Vinyasa Yoga Instructor Rotation |
| 12:10-12:50 HIIT Laurie | 12:10-12:50 CYCLING Michelle | | 12:10-12:50 CYCLING Stacey | 12:10-12:50 Step Keri | |
| 5:15-6:00 CYCLING Alicia | 5:15-6:00 Bootcamp Krysten | 5:15-6:00 CYCLING Lisa | 5:15-6:00 TOTAL BODY BLAST Julie | | |
| | | | 6:00-7:00  Julie | | |
| 7:00-8:00 HOT Vinyasa Yoga Shayna | 7:00-8:00 WARM YIN/YANG Yoga Lisa S. | 7:00-8:00 HOT Vinyasa Yoga Jasta | 7:00-8:00 WARM YIN Yoga Taiyler | | |
| Sign up by calling: 250-787-1808 or try our My Member Account App! | | | | | |