




## GROUP FITNESS SCHEDULE Fall 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 <b>CYCLING</b> Sarah	5:45-6:30 <b>Bootcamp</b> Stephenie	5:45-6:30 <b>CYCLING</b> Amanda	5:45-6:30 <b>Bootcamp</b> Stephenie	5:45-6:30 <b>CYCLING</b> Stacey	
9:15-10:15 WARM <b>Gentle Flow</b> Hali	9:15-10:00 <b>CYCLING</b> Kalen	9:15-10:00 <b>Butts N' Guts</b> Becky	9:15-10:00 <b>CYCLING</b> Michelle	9:15-10:15 HOT <b>Vinyasa Yoga</b> Taiyler	9:15-10:00 <b>CYCLING</b> Instructor Rotation
10:30-11:15 <b>CYCLING</b> Amanda					10:15-11:00 <b>Bootcamp</b> Instructor Rotation
12:10-12:50 <b>HIIT</b> Laurie	12:10-12:50 <b>CYCLING</b> Ashley	12:10-12:50 <b>CYCLING</b> Kalen	12:10-12:50 <b>CYCLING</b> Amanda		11:15-12:15 HOT <b>Vinyasa Yoga</b> Instructor Rotation
5:15-6:00 <b>CYCLING</b> Lisa W.	5:15-6:00 <b>Bootcamp</b> Krysten	5:15-6:00 <b>CYCLING</b> Lisa W.	5:15-6:00 <b>TOTAL BODY BLAST</b> Julie		
			6:00-7:00  Julie		
7:00-8:00 HOT <b>Vinyasa Yoga</b> Stephenie	7:00-8:00 WARM <b>YIN/YANG Yoga</b> Lisa S.	7:00-8:00 HOT <b>YIN/YANG Yoga</b> Jasta			
Sign up by calling: 250-787-1808 or try our My Member Account App!					