



OUTDOOR STUDIO SCHEDULE

**Our Outdoor Studio will hold classes
May 20th–June 14th and September 10th–24th**

TUESDAY ONLY ABS

8:15–8:45 am

Kathy L.

Come enjoy your ab exercises in the fresh air. Class will be moved to Studio 1 if there is inclement weather.

WEDNESDAY HIIT CIRCUIT

7:30–8:15 am

Kathy L.

This class will consist of stations that include cardio, core, weighted exercises along with TRX Suspension training, battle rope, bands and more. All fitness levels welcome and all equipment will be provided.

THIS CLASS DOES NOT HAVE AN INDOOR OPTION IF THERE IS INCLEMENT WEATHER.

THURSDAY RIDE & RENEW

6:30–7:45 PM

Ela D.

Take a ride on our state-of-the-art bikes followed by a relaxing yoga session on our outdoor studio. Offered in Cycle Zone & Studio 2 on inclement weather days.

6/20–8/15 ONLY

THINGS TO NOTE:

- Advanced registration is required to attend these classes. Registration opens online 23-hours in advance.
- You must check in at the Welcome Center prior to coming to the Outdoor Studio
- The Outdoor Studio is located to the left of the building.
- Class participants should bring their own mat
- Must be 16+ to participate

Flip Schedule Over



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FRIDAY

STRETCH FOR LIFE

10:00–10:45 am

Margie M.

This class is the perfect addition for those who do cardio and strength training, as well as those who are sedentary and need to relieve sciatica pain, carpal tunnel, back pain, hip tension, etc. Please bring your own mat.

THIS CLASS DOES NOT HAVE AN INDOOR OPTION IF THERE IS INCLEMENT WEATHER.

SUNDAY

SUNDAY SERVICE

9:30–10:30 am

Ela D.

A meditative yoga class to ground, connect to your higher self, and get ready for the new week. Flow through poses as you breathe in the fresh air and release the pressure of the past week. Options will be given for all ability levels. Please bring a mat and dress in layers.

THIS CLASS DOES NOT HAVE AN INDOOR OPTION IF THERE IS INCLEMENT WEATHER.

6/23–8/11 ONLY

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