



# SUMMER II SCHEDULE GROUPEX AND F45

MONDAY, JUNE 30 – FRIDAY, AUG. 15

No evening classes July 3. Closed July 4.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga 12:10-12:55 p.m. Emma	F45 6:30-7:15 a.m. Jake	Barre 12:10-12:55 p.m. Kersten	F45 6:30-7:15 a.m. Beth	Pilates 12:10-12:55 p.m. Emma
F45 12:15-1 p.m. Kate & Maddy*	Pilates 12:10-12:55 p.m. Emma	F45 12:15-1 p.m. Jocelyn & Kate	Yoga 12:10-12:55 p.m. Emma	F45 12:15-1 p.m. Nic & Jocelyn
CycleFit + Core 5:15-6:15 p.m. Nic	F45 12:15-1 p.m. Nic	Zumba® 5:15-6 p.m. Maddy*	F45 12:15-1 p.m. Nic	
F45 5:20-6:05 p.m. Aidan & Jocelyn	F45 5:20-6:05 p.m. Aidan & Jocelyn	F45 5:20-6:05 p.m. Nic & Aiden	Barre 5:15-6 p.m. Kersten	
	Yoga 5:30-6:30 p.m. Kayla R.		F45 5:20-6:05 p.m. Jocelyn & Jake	

\*Class instructed  
by Maddy Mularski  
Navigation Specialist–  
Fitness/Wellness



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