



# Winter Small Group Training Schedule

MON	TUES	WEDS	THURS	FRI	SAT
	<b>7 AM - 7:45 AM</b> <u>Gravity Flow: Strength &amp; Stability</u> Jen	<b>7 AM - 7:45 AM</b> <u>Ball and Band</u> Jen	<b>7 AM - 7:45 AM</b> <u>Gravity Flow: Strength &amp; Stability</u> Jen	<b>7 AM - 7:45 AM</b> <u>Ball and Band</u> Jen	
		<b>7 AM - 8 AM</b> <u>Men's Strength</u> Mercedes			<b>7 AM - 8 AM</b> <u>Form &amp; Function</u> Mercedes
					<b>8 AM - 9 AM</b> <u>Strength &amp; Conditioning</u> Brian
<b>10 AM - 11 AM</b> <u>Pilates (Levels 1-2)</u> Chip	<b>10:30 AM - 11:30 AM</b> <u>Women's Strength (Level 1)</u> Ashley C.	<b>9:30 AM - 10:30 AM</b> <u>Balance and Breathe</u> Kirsten	<b>10 AM - 11 AM</b> <u>Total Body Strength &amp; Conditioning</u> Shannon		<b>10 AM - 11 AM</b> <u>Pilates (Level 1)</u> Maeve
<b>11 AM - 12 PM</b> <u>Strengthen, Stretch and Balance</u> Kirsten	<b>11:15 AM - 12 PM</b> <u>Mindful Movement</u> Anna	<b>11:30 AM - 12:30 PM</b> <u>Pilates (Level 1)</u> Maeve	<b>11:15 AM - 12:15 PM</b> <u>Pilates on Total Gym (Levels 1-2)</u> Chip	<b>11 AM - 11:55 AM</b> <u>Women's Strength (Level 1)</u> Ashley C	
<b>6 PM - 7 PM</b> <u>Restore &amp; Release: Stretch &amp; Mobility</u> Jen		<b>6 PM - 7 PM</b> <u>TRX/Kettlebell Circuit</u> Bobby		CLASS COLOR KEY IN PERSON (blue circle) VIRTUAL (green circle) HYBRID (pink circle)	
<b>6:15 PM - 7:15 PM</b> <u>Pilates on Total Gym (Levels 1-2)</u> Chip	<b>6:30 PM - 7:30 PM</b> <u>Mat Pilates (Level 3)</u> Grace			Scan to view classes & register: 	