




Winter Small Group Training Schedule

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