



SUMMER FITNESS SCHEDULE

8–8:45 A.M.

Monday | Go With the Flow Yoga

Tuesday | Poolside Yoga

Wednesday | Morning Meditation

Thursday | Pump It Up Strength Training

Friday | Poolside Yoga

Saturday | Poolside Yoga

Sunday | Poolside Yoga

10–10:45 A.M.

Monday | Full Body Burn

Tuesday | Pilates Mat

Wednesday | Roll and Release (*ends at 10:30 A.M.*)

Thursday | Go With the Flow Yoga

Friday | Pilates Mat

Saturday | Full Body Burn

Sunday | Roll and Release (*ends at 10:30 A.M.*)

CLASSES ARE DESIGNED FOR A VARIETY OF FITNESS LEVELS.
PLEASE ARRIVE EARLY. SCHEDULE IS SUBJECT TO CHANGE.