

# GROUP FITNESS CLASS SCHEDULE



POWERED BY POWELL

PROSPER

Dec-20

|                  | TIME     | CLASS                    | INSTRUCTOR | LENGTH     |
|------------------|----------|--------------------------|------------|------------|
| <b>MONDAY</b>    | 7:30 AM  | Accumulator              | Kayla      | 50 mins    |
|                  | 10:00 AM | Silver Power Hour        | Kristine   | 50 mins    |
|                  | 4:30 PM  | Yoga Flow                | Dayna      | 50 mins    |
|                  | 6:00 PM  | Prosper Pump             | Kelly      | 60 mins    |
| <b>TUESDAY</b>   | 7:30 AM  | Bootcamp                 | Kayla      | 50 mins    |
|                  | 9:30 AM  | HIGH Fitness             | Lindsey    | 50 mins    |
|                  | 4:30 PM  | Yoga Flow                | Dayna      | 50 mins    |
| <b>WEDNESDAY</b> | 8:30 AM  | Yoga Sculpt/Yoga Stretch | Dayna      | 25/25 mins |
|                  | 10:00 AM | Silver Step & Strength   | Kristine   | 50 mins    |
|                  | 6:00 PM  | Prosper Pump             | Kelly      | 60 mins    |
| <b>THURSDAY</b>  | 6:30 AM  | EMOM                     | Kayla      | 50 mins    |
|                  | 8:10 AM  | Pilates                  | Raechal    | 50 mins    |
|                  | 9:30 AM  | HIGH Fitness             | Lindsey    | 50 mins    |
|                  | 4:30 PM  | Yoga Sculpt              | Dayna      | 50 mins    |
| <b>FRIDAY</b>    | 10:00 AM | Silver Power Hour        | Kristine   | 50 mins    |
| <b>SATURDAY</b>  | 10:00 AM | Prosper Pump             | Kelly      | 60 mins    |

## INFORMATION:

Kid Care is now open! Hours are Monday-Friday from 8:00 AM to 12:00 PM

## Fitness Center Guidelines:

Mask required when entering and exiting the gym, when walking to/from equipment, NOT during workout.

Please wipe down all equipment after use.

## HOURS OF OPERATION:

Monday - Thursday 6:00 AM to 8:00 PM

Friday 6:00 AM to 7:00 PM

Saturday 8:00 AM to 1:00 PM