

FALL INTO FITNESS



FALL SESSION DATES

August 10th-October 4th
October 12th-December 6th

MONDAY

Strong Stretch	5:30am-6:15am	Studio B	Tracie Duncan
High Definition	5:30am-6:30am	Studio A	Tracey Stump
Mini Movers	11:00am-11:45am	Studio B	Cassey Belt
Strong Her	4:00pm-5:00pm	Studio B	Cassy Kent
Senior Balance	4:15pm-5:00pm	Studio A	Cassey Belt
Night Flow Yoga	5:30pm-6:15pm	Studio A	Tracie Duncan

TUESDAY

HIIT/POUND	5:30am-6:15am	Studio A	Tracey Stump
SHiNE Uplift	5:30am-6:15am	Studio B	Amy Nelson
Chair Yoga	8:15am-9:00am	Studio B	Abra Frisch
Slow Flow Yoga	9:15am-10:00am	Studio B	Abra Frisch
Senior Strength	4:00pm-4:45pm	Studio A	Cassy Kent
Jagatuor Martial Arts	7:00pm-8:00pm	Studio B	Jason Sears

WEDNESDAY

High Definition	5:30am-6:30am	Studio A	Tracey Stump
Strong Her	4:00pm-5:00pm	Studio B	Cassy Kent
Senior Balance	4:15pm-5:00pm	Studio A	Cassey Belt
Night Flow Yoga	5:30pm-6:15pm	Studio A	Tracie Duncan

THURSDAY

HIIT/POUND	5:30am-6:15am	Studio A	Tracey Stump
SHiNE Uplift	5:30am-6:15am	Studio B	Amy Nelson
Chair Yoga	8:15am-9:00am	Studio B	Abra Frisch
Slow Flow Yoga	9:15am-10:00am	Studio B	Abra Frisch
Senior Strength	4:00pm-4:45pm	Studio A	Cassy Kent
Jagatuor Martial Arts	7:00pm-8:00pm	Studio B	Jason Sears

FRIDAY

High Definition	5:30am-6:30am	Studio A	Tracey Stump
SHiNE Uplift	5:30am-6:15am	Studio B	Amy Nelson

SUNDAY

Ballet	3:15pm-4:00pm	Studio B	Kadence Rosenthal
Tiny Twisters	4:15pm-5:00pm	Studio B	