

ATTENTION

Group Exercise Modified Schedule Monday, September 2

Slow Flow Yoga (B)	11:30am-12:30pm
Step Express (A)	12:15pm-12:45pm
Hard Core (A)	12:50pm-1:00pm
HIIT (A)	5:30pm-6:15pm
Roll & Recover (A)	6:20pm-6:30pm
Zumba (A)	6:45pm-7:45pm
Yin Yoga (B)	8:00pm-9:00pm

