



Roof Deck Schedule

Member Rates:
Group Fitness Class \$10.00
Open Strength Floor \$8.00

Non Member Rates:
Group Fitness Class \$15.00
Open Strength Floor \$15.00

To reserve your space email:
hpresthus@islandhealthfitness.com
or
kchase@islandhealthfitness.com

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7:00 AM	Cycling with Melissa 7:00-8:00		Cycling with Nancy 7:00-8:00		BODYFLOW with Laura 7:00-8:00
7:30 AM					
8:00 AM		Open Strength Floor 8:00-9:15		Open Strength Floor 8:00-9:15	
8:30 AM					
9:00 AM	Pilates with Liz/Sheila 9:00-10:00		Yoga with Jyoti 9:00-10:00		Yoga with Nick 9:00-10:00
9:30 AM		Open Strength Floor 9:30-10:45		Open Strength Floor 9:30-10:45	
10:00 AM					
10:30 AM	Open Strength Floor 10:30-11:45		Open Strength Floor 10:30-11:45		
11:00 AM					
11:30 AM					
12:00 PM	Open Strength Floor 12:00-1:15		Open Strength Floor 12:00-1:15		
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM		Open Strength Floor 4:00-5:15		Open Strength Floor 4:00-5:15	
5:00 PM					
5:30 PM	BODYPUMP with Priscilla 5:30-6:30	Open Strength Floor 5:30-6:45	BODYPUMP with Monica 5:30-6:30	Open Strength Floor 5:30-6:45	Bootcamp with Mark 5:30-6:30
6:00 PM					
6:30 PM					
7:00 PM	Zumba with Cynthia 7:00-8:00				
7:30 PM					

Class sizes are limited to 14 people/class to allow for social distancing. Please remember to wear a mask in all common areas of the space, once you are at a specific station, or in position for your class you may remove your mask to preform the exercise, please remember to put it back on when moving to a new station or going to get disinfecting wipes. Classes are expected to continue in the event of light rain, if thunder or lightning does become apparent class will be cancelled and members will be given a credit on their account to attend another class. Cancelations made within 24 hours of the class will not be given a refund.