



GROUP FITNESS CLASS SCHEDULE

COMMUNITY CORNERS LOCATION

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
		Kripalu Yoga Jyoti 10:00 AM - 11:15 AM (Max of 12)			Boot Camp Mark 10:00 AM - 11:00 AM (Max of 10)	
Vinyasa Yoga Kaylie 6:00 PM - 7:00 PM (Max of 12)		Boot Camp Mark 6:00 PM - 7:00 PM (Max of 10)	Spin Lynn 6:00 PM - 7:00 PM *Starts 10/29 (Max of 10)			
	Boxing Basics Scott 7:30 PM - 8:00 PM (Max of 10)		Boxing Basics Scott 7:30 PM - 8:00 PM (Max of 10)			

Class sizes are limited to 12 people/class for mat based classes, 10 people/class for all other classes to allow for social distancing. Please wear a mask in all areas of the club, including while in class. Don't forget a yoga mat, due to sanitation concerns we are no longer providing them for borrowed use. Disinfectant wipes will be available, please sanitize any props used at the end of the class. You may book online for classes in advance @ www.ourclublogin.com/500156. The first time you log on, your username and password will be your member ID.

GROUP FITNESS CLASS DESCRIPTIONS

Boot Camp

Dumbbells, body weight, and calisthenics are sure to get your heart rate up in this fun and unique class. Maximize your workout hour in this class designed for all fitness levels.

Boxing Basics

Improve your strength and agility while learning boxing fundamentals in this heart pounding class.

Spin

Ride through imaginary hills and valleys, surge through rough spots, as you enjoy this low impact and music driven class.

Kripalu Yoga

Increase strength, flexibility, and balance as you work your way through a sequence of postures. Offering options for each individual to explore their own boundaries, this class is suitable for all levels.

Vinyasa Yoga

Connect mind and body, breath and movement, as you flow through this class designed to deliver a full body workout.

