## GROUP EXERCISE  
**Summer Session 2**

*August 6th - September 16th*

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td><strong>MORNING</strong></td>
<td><strong>Zumba®</strong> 9:15a.m. - 10:15a.m. Noriko (Studio B)</td>
<td><strong>Cycle</strong> 8:00a.m. - 8:45a.m. Elise (Studio A)</td>
<td><strong>Cycle</strong> 8:15a.m. - 9:00a.m. Griffin (Studio A)</td>
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<td><strong>Vinyasa Yoga</strong> 9:15am-10:15am Tamara (Studio B)</td>
<td><strong>Relax and Recover Yoga</strong> 9:15a.m. - 10:15a.m. Tamara (Studio B)</td>
<td><strong>Relax and Recover Yoga</strong> 9:15a.m. - 10:15a.m. Tamara (Studio B)</td>
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<td><strong>Vinyasa Yoga</strong> 9:15a.m. - 10:15a.m. Tamara (Studio B)</td>
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<td><strong>AFTERNOON</strong></td>
<td><strong>Barre-Inspired Strength</strong> 12:30p.m. - 1:30p.m. Lia (Studio B)</td>
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<td><strong>Total Body Strengthening</strong> 4:00p.m. - 5:00p.m. Lisa (Studio B)</td>
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<td><strong>Cycle/Strength</strong> 12:00p.m. - 12:45p.m. Griffin (Studio B)</td>
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<td><strong>Relax and Recover Yoga</strong> 4:30p.m. - 5:30p.m. Tamara (Studio B)</td>
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<td><strong>EVENING</strong></td>
<td><strong>Cycle</strong> 5:45p.m. - 6:30p.m. Griffin (Studio A)</td>
<td><strong>Cycle</strong> 5:30p.m. - 6:30p.m. Lisa (Studio A)</td>
<td><strong>HEAT</strong> 5:30p.m. - 6:15p.m. Lisa (Studio B)</td>
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<td><strong>Zumba®</strong> 5:30p.m. - 6:30p.m. Susana (Studio B)</td>
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<td><strong>Cardio Dance</strong> 6:30p.m. - 7:30 p.m. Cynthia (Studio B)</td>
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**FIND OUT MORE ABOUT LIVING WELL OFFERINGS:** [Website](#)

**REGISTER FOR A CLASS:** [Register](#)

**NOTE:** Admission into Group Exercise (GX) classes requires a valid GX membership. Access for participants who have a GX membership, but are not pre-registered for classes, are permitted on a first-come, first-served basis. Check-in for classes will begin approximately 10 minutes prior to start time. Access is not permitted after the first 5 minutes of class.

Living Well reserves the right to cancel classes or make changes to the schedule. Times and classes are subject to change or cancellation without notice. View our website for the most updated information on adjusted schedules or cancellations.