

GROUP EXERCISE FINALS WINTER 2024

March 17th - March 23rd

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Zumba® 9:15-10:15 a.m. Noriko (Studio B)	Cycle 9:00-9:45 a.m. Emily (Studio A)	Power Flow 9:15-10:15 a.m. Laurel (Studio B)	Relax and Recover Yoga 9:15-10:15 a.m. Tamara (Studio D)	Cycle 9:15-10:00 a.m. Kate (Studio A)	Vinyasa Yoga 9:15-10:15 a.m. Tamara (Studio B)	
	Total Body Strengthening 10:30–11:30 a.m. Audrey (Studio B)	Vinyasa Yoga 9:15-10:15 a.m. Tamara (Studio B)					
AFTERNOON					Vinyasa Yoga 11:15 a.m.-12:15 p.m. William (Studio B)		
					Yin Yoga 12:30-1:45 p.m. William (Studio B)		
		Pumping Plates 4:00-5:00 p.m. Greg (Studio C)	HEAT 4:15-5:00 p.m. Dora (Studio B)				
EVENING				Zumba® 5:15-6:15 p.m. Christina (Studio C)			
		Zumba® 5:30–6:30 p.m. Kris (Studio C)		Circuit Training 6:30–7:30p.m. Mary (Studio B)	Cycle 6:15-7:00 p.m. Jules (Studio A)		
		Vinyasa Yoga 6:30-7:30 p.m. Kaylee (Studio B)					
			Party Cycle 7:00-7:45 p.m. Tayra (Studio A)				

FIND OUT MORE ABOUT
LIVING WELL OFFERINGS:



REGISTER FOR A CLASS:



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 10-15 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.