



Class Schedule

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|---|---|
| | Warm Forrest Yoga 9:30-10:45am Nathalie | Cardio kickboxing 9:30-10:30am Lynn Sign up only | Pilatesstick 9:30-10:30am Lori-Ann Sign up only | Pilates 9:30-10:30am Lori-Ann | Mom & Baby Pilates 6 week session Email Lori-Ann for session dates | Pilatesstick 9:00-10:00am Lori-Ann Sign up only |
| Yoga in the Park Starts end of June Contact studio for park locations | Spinning 10:50-11:30am Nathalie Sign up only | | | | | Spinning 10:15-11:00am Lynn Sign up only |
| | | Spinning 6:15-7:00pm Lilly Sign up only | Zumba 4:00-5:00pm Tanya Running shoes required | Vinyasa Flow Yoga Level 2 6:30-7:30pm Sarah | | Cardio kickboxing 11:15-12:15am Lynn Sign up only |
| | Vinyasa Flow Yoga Level 1 6:45-7:45pm Sarah | Pilates 7:00-8:00pm Lori-Ann | Zumba 6:15-7:00pm Tanya running shoes required | Pilatesstick 7:30-8:30pm Lori-Ann Sign up only | Spinning 6:30-7:15pm Lynn Sign up only | Bellyfit 12:30-1:30 New session starts Saturday May 19 |
| | Pilatesstick 7:45-8:45pm Kelsey Sign up only | Zumba 8:15-9:00pm Andrea running shoes required | Pilates 7:00pm-8:00pm Lori-Ann | Cardio Kickboxing 8:30-9:15pm Lynn Sign up only | Pilates 7:30-8:30pm Lori-Ann | |