

To help prevent the spread of COVID-19 the STUDIO CAPACITY is limited to:

**Studio 1:** 19 participants per studio including the Instructor.

**Studio 2:** 16 participants per studio including the Instructor.

## Adult Fitness Classes

### DEMO WEEK

January 3rd—9th

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/ Sun
Head To Toe Toning					5:30-6:20am	
Early Bird Circuit	5:45-6:30am		5:45-6:30am			
Step / Circuit			5:30-6:30pm			
Noon Fitness (Step/Toning/Circuit)	12:15-12:45pm Step/Circuit	12:15-12:45pm Toning	12:15-12:45pm Step/Circuit	12:15-12:45pm Toning	12:15-12:45pm Step/Circuit	
Core & More	9:10-10:00am		9:10-10:00am		9:10-10:00am	
Group Strength	8:15-9:00am	10:15-11:00am	8:15-9:00am		8:15-9:00am	
Cardio Kickboxing		6:30-7:20pm				
Zumba®	5:30-6:20pm		5:30-6:20pm			
Boot Camp	5:30-6:30pm		5:30-6:30pm			
Yoga	10:15-11:15am Senior/ Chair Yoga  1:00-2:00pm Beginner		10:10-11:10am All-Level	6:00-7:00pm Flow & Restore Yoga Will resume Spring '21	5:00-6:00pm Alive at Five Jan 8 - Mar 26	
Pilates	6:30-7:20pm	5:30-6:20pm	6:30-7:20pm			
Shorin Ryu Karate		5:30-7:00pm Will resume Spring '21		5:30-7:00pm Will resume Spring '21		
T'ai Chi		9:00-10:00am Will resume Spring '21		9:00-10:00am Will resume Spring '21		