

Labor Day

Modified Group Fitness Schedule

Please note:

- Regularly scheduled classes will not be held
- Labor Day hours: 7:00 AM - 1:00 PM

Studio 1

8:30 - 9:15 AM: BODYPUMP Express with Amy Heim

9:30 - 10:15 AM: Athletic Barre with Tammy Partsch

Blue Studio

9:30 - 10:30 AM: Zumba with Chrystine Mitchell

Mind Body Studio

9:00 - 10:00 AM: Yoga Groove with Julie Bunnick

**Reserve classes on the
new member portal or the app!**

