

	MONDAY		
8:45 am	TRX Class	Chrissy	3 <sup>rd</sup> floor
9:30 am	YUR Back Equipment Class	Lindsey	2 <sup>nd</sup> floor
10:30 am	Equipment Class	Chrissy	2 <sup>nd</sup> floor
11:30 pm	Joint Pain Equipment Class	Lynn	2 <sup>nd</sup> floor
12:30 pm	YUR Back Equipment Class	Rachel	2 <sup>nd</sup> floor
7:00 pm	Equipment Class	Kat	2 <sup>nd</sup> floor
	TUESDAY		
6:15 am	Core Align Class	Lindsey	3 <sup>rd</sup> floor
8:00 am	YUR Back Equipment Class	Stephanie	2 <sup>nd</sup> floor
9:00 am	Equipment Class	Stephanie	2 <sup>nd</sup> floor
10:30 am	YUR Back Equipment Class	Lindsey	2 <sup>nd</sup> floor
5:00 pm	YUR Back Extension Equip Class	Chrissy	2 <sup>nd</sup> floor
5:15 pm	Pilates Mat Class	Anna	3 <sup>rd</sup> floor
6:15 pm	Core Align Class	Chrissy	3 <sup>rd</sup> floor
	WEDNESDAY		
8:00 am	Oov Class	Chrissy	3 <sup>rd</sup> floor
9:00 am	YUR Back Flexion Equipment Class	Chrissy	2 <sup>nd</sup> floor
10:00 am	Core Align Class	Lynn	3 <sup>rd</sup> floor
10:30 am	YUR Back Extension Equip Class	Lindsey	2 <sup>nd</sup> floor
5:00 pm	TRX Class	Cassie	3 <sup>rd</sup> floor
	THURSDAY		
9:15 am	Bounce	Cassie	3 <sup>rd</sup> floor
9:30 am	Equipment Class	Susan	2 <sup>nd</sup> floor
10:30 am	Core Align Class	Anna	3 <sup>rd</sup> floor
10:30 am	YUR Back Equipment Class	Cassie	2 <sup>nd</sup> floor
1:00 pm	Pilates Mat Class	Rachel	3 <sup>rd</sup> floor
5:00 pm	Core Align Class	Cassie	3 <sup>rd</sup> floor
5:30 pm	YUR Back Equipment Class	Rachel	2 <sup>nd</sup> floor
	FRIDAY		
6:30 am	Equipment Class	Cassie	2 <sup>nd</sup> floor
8:30 am	Equipment Class	Lynn	2 <sup>nd</sup> floor
9:30 am	Chair Class	Cassie	3 <sup>rd</sup> floor
10:30 am	YUR Back Equipment Class	Lindsey	2 <sup>nd</sup> floor
11:30 am	Joint Pain Equipment Class	Lynn	2 <sup>nd</sup> floor
	SATURDAY		
8:00 am	Equipment Class	Cassie	2 <sup>nd</sup> floor
8:00 am	Bounce Class	Chrissy	3 <sup>rd</sup> floor
9:00 am	Core Align Class	Susan	3 <sup>rd</sup> floor
9:15 am	YUR Back Equipment Class	Cassie	2 <sup>nd</sup> floor
10:00 am	Pilates Mat Class	Anna	3 <sup>rd</sup> floor
	SUNDAY		
9:00 am	Teacher's Choice Equipment Class	Lynn	2 <sup>nd</sup> floor
11:00 am	Introductory Equipment Class (free for new members)	Lynn	2 <sup>nd</sup> floor

Begins February 11, 2025. All classes are 50 minutes in duration. Mat Class Membership classes are in GREEN



## VIRTUAL CLASS SCHEDULE

Must have the designated equipment to participate. Zoom link will be emailed.

	MONDAY		
8:45 am	TRX Class	Chrissy	ZOOM
9:30 am	YUR Back Reformer Class	Lindsey	ZOOM
10:30 am	Reformer Class	Chrissy	ZOOM
	TUESDAY		
6:15 am	Core Align Class	Lindsey	ZOOM
10:30 am	YUR Back Reformer Class	Lindsey	ZOOM
5:00 pm	YUR Back Extension Reformer	Chrissy	ZOOM
5:15 pm	Pilates Mat Class	Anna	ZOOM
6:15 pm	Core Align Class	Chrissy	ZOOM
	WEDNESDAY		
8:00 am	Oov Class	Chrissy	ZOOM
10:30 am	YUR Back Extension Equip Class	Lindsey	ZOOM
5:00 pm	TRX Class	Cassie	ZOOM
	THURSDAY		
9:15 am	Bounce	Cassie	ZOOM
10:30am	YUR Back Reformer Class	Cassie	ZOOM
1:00 pm	Pilates Mat Class	Rachel	ZOOM
5:00 pm	Core Align Class	Cassie	ZOOM
	FRIDAY		
6:30 am	Equipment Class	Cassie	ZOOM
9:30 am	Chair Class	Cassie	ZOOM
10:30 am	YUR Back Equip Class	Lindsey	ZOOM
	SATURDAY		
8:00 am	Reformer Class	Cassie	ZOOM
9:00 am	Core Align Class	Susan	ZOOM
9:15 am	YUR Back Reformer Class	Cassie	ZOOM
10:00 am	Pilates Mat Class	Anna	ZOOM

Schedule begins February 11, 2025. All classes are 50 minutes in duration.

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