

Memorial Day Group Fitness Schedule

8:30-9:30 a.m.	Yoga w/ Amy	MB Studio
9:00- 10:00 a.m.	Low Impact Intervals w/ Lori	Studio 1
9:00-9:30 a.m.	Pilates Reformer w/ Andrea	Reformer
9:45-10:15 a.m.	Pilates Reformer w/ Andrea	Reformer
10:00- 11:15 a.m.	Yoga w/ Beth	MB Studio
10:30-11:30 a.m.	Zumba w/ Ann	Studio 1