

February 2023 - Group Fitness

Classes with an * are available via zoom. To attend in-studio please sign in through MINDBODY online. Limited to 8 clients in-studio.

Zoom Meeting ID: 535 554 1261 Password: fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	2 7:30a Strength* 8:30a Strength 5:30p Strength	3 8:30a Functional Flexibility* 1:30p Pietra	4 10:15a Core Conditioning
5 3:30p Pietra	6 5:45p Pietra	7 7:30a Strength* 8:30a Strength 5:30p Strength	8 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	9 7:30a Strength* 8:30a Strength 5:30p Strength	10 8:30a Functional Flexibility* 1:30p Pietra	11 10:15a Core Conditioning
12 3:30p Pietra	13 5:45p Pietra	14 7:30a Strength* 8:30a Strength 5:30p Strength	15 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	16 7:30a Strength* 8:30a Strength 5:30p Strength	17 8:30a Functional Flexibility* 1:30p Pietra	18 10:15a Core Conditioning
19 3:30p Pietra	20 5:45p Pietra	21 7:30a Strength* 8:30a Strength 5:30p Strength	22 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	23 7:30a Strength* 8:30a Strength 5:30p Strength	24 8:30a Functional Flexibility* 1:30p Pietra	25 10:15a Core Conditioning
26 3:30p Pietra	27 5:45p Pietra	28 7:30a Strength* 8:30a Strength 5:30p Strength				