

Group Exercise Classes



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Sat

**Spin w/
Mariana
Ponce
12:10 pm
to
12:50 pm
*Max: 12**

**Spin w/
Mariana
Ponce
10:00 am
to
11:00 am
*Max: 12**

**Yoga w/
Jess
Sachs
5:10 pm
to
6:00 pm
*Max: 20**

**HIIT w/
Madison
Lewis
5:10 pm
to
6:00 pm
*Max: 20**

**Yoga w/
Ashley
Steele
5:10 pm
to
6:00 pm
*Max: 20**

**HIIT w/
Oscar
Gomez
5:10 pm
to
6:00 pm
*Max: 20**

***Each class
has a
maximum
number of
participants**

