

Group Exercise Classes

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Sat

Yoga w/
Jess
Sachs
6:30 am
to
7:30 am
*Max: 20

Spin w/
Haley
Turner
5:10 pm
to
6:00 pm
*Max: 20

Spin w/
Theresa
Pham
5:10 pm
to
6:00 pm
*Max: 20

Spin w/
Haley
Turner
5:10 pm
to
6:00 pm
*Max: 12

*Each class
has a
maximum
number of
participants