

SESSION 1: January 4 – February 14 | **SESSION 2:** February 15 – March 28

Registration is open now. These classes are not included in your membership, require registration and are available for an additional cost.

Downtown Specialized Group Fitness Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 pm	Boot Camp (A) Aldrin		Beginning Kettlebell (G) Tim		Boot Camp (A) Aldrin

Location: (A) = Studio A, (G) = Gym, (ATR) = Atrium

Downtown TRX Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Downtown		TRX 5:00 pm (ATR) Brent		TRX 12:15 pm (ATR) Tim	

Location: (ATR) = Lower Level Atrium

Downtown Pilates Reformer Classes

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Downtown	Intermediate Reformer 6:00 pm (P) Aldrin	Essential Reformer 9:30 am (P) Kelly D	Jumpboard 5:00 pm (P) Peachie		

Location: (P) = Pilates Studio