



# NEW CLASSES ADDED FOR AUGUST 2020

ALL CLASSES ARE IN EST.



DanceFit w/ Charlene	Fridays @ 10am
Meditation w/ Jack	Sundays @ 10am
Yoga w/ Andrea	Sundays @ 11am
30 min. Full-Body Workout w/ Melissa	M/W/Fr @ 10am
20 min. Mindful Movement w/ Emily	Mondays @ 12pm
20 min. EmPower Yoga w/ Amy	Wednesdays @ 12pm
20 min. HIIT w/ Simone	T/Th @ 3pm
20 min. Core Circuit w/ Dakota	Wednesdays @ 3pm
30 min. Evening Meditation w/ Chris	Wednesdays @ 9pm

