

FITNESS CLASS SCHEDULE / JANUARY 2022



	CLASS	FROM	TO	LOCATION	INSTRUCTOR
MON	Abs and Glutes	11:00 AM	12:00 PM	Movement Studio	Molly
	HIIT Dance	4:00 PM	5:00 PM	Movement Studio	Joanna
	Yoga Flow and Stretch	5:30 PM	6:30 PM	Movement Studio	Joanna
TUE	Guided Hike – Grand View Trail	4:00 PM	5:00 PM	Meet at Movement Studio	Joanna
	Pilates	4:00 PM	5:00 PM	Movement Studio	Heather
	Twilight Yoga	5:30 PM	6:30 PM	Movement Studio	Joanna
WED	Cardio Muscle Circuit	8:00 AM	9:00 AM	Movement Studio	Kori
	Morning Meditation	9:30 AM	10:30 AM	Movement Studio	Marina
	HIIT Mobility	11:00 AM	12:00 PM	Movement Studio	Molly
THU	Yoga Flow	8:00 AM	9:00 AM	Movement Studio	Sarah
	Guided Hike - Shaw Trail	9:00 AM	10:00 AM	Meet at Movement Studio	Molly
	Barre	10:30 AM	11:30 AM	Movement Studio	Molly
FRI	Cardio Muscle Circuit	9:30 AM	10:30 AM	Movement Studio	Kori
	Yoga Sculpt	10:30 AM	11:30 AM	Movement Studio	Joanna
SAT	Vinyasa Yoga Flow	8:00 AM	9:00 AM	Movement Studio	Taylor
	Pilates Core Power	9:30 AM	10:30 AM	Movement Studio	Molly
	Guided Hike – Grand View Trail	11:00 AM	12:00 PM	Meet at Movement Studio	Molly
	Mindful Meditation	11:00 AM	12:00 PM	Movement Studio	Marina
SUN	Yoga Sculpt	8:00 AM	9:00 AM	Movement Studio	Kori
	Mindful Meditation	11:00 AM	12:00 PM	Movement Studio	Marina