

DT GROUP EXERCISE SCHEDULE- FALL



Monday	Tuesday	Wednesday	Thursday	Friday
	NEW CLASS! BARRE EXPRESS <i>Trudy</i> 12:00-12:30		NEW TIME/CLASS! POWER CYCLE EXPRESS <i>Trudy</i> 11:30-12:00	
YOGA <i>Paul</i> 12:20-1:05 <i>**Please bring your own mat</i>	CORE EXPRESS <i>Sonya</i> 12:35-1:05	TOTAL BODY BLITZ <i>Navin</i> 12:20-1:05		

Class sign-up occurs 15 minutes prior to class start time at main fitness desk.
 This is a dynamic schedule and will change with member needs.
 Classes may not run with 3 or less participants.

*Class instructor may vary due to injury/illness.