

FITLIFE

FITNESS • YOGA • WELLNESS • PERSONAL TRAINING • NUTRITION • MASSAGE • WORKSHOPS • CERTIFICATIONS • MOBILE • OCCUPATIONAL

INTERIM CLASSES March 20 – Friday April 7

All Winter 2017 Fit-Yoga Passes and 10 Day Pass holders are eligible to participate in interim classes.

Fitness

| Class | Days & Time | Instructor | Location | Dates |
|--------------------|----------------|------------------|----------|----------------------|
| Pilates Yoga Blend | MW 8–8:55am | Alexia Cervantes | RCR | 3/20, 3/22, 4/3, 4/5 |
| Cycle HIIT | MW 12–12:50pm | Alexia Cervantes | CR | 3/20, 3/22, 4/3, 4/5 |
| Pilates Mat | Mon 5–5:55pm | Michelle Jimmink | RA2 | 3/20–4/3 |
| Cycle Fit | MW 5:30–6:20pm | Jessica Davids | CR | 3/20, 3/22, 4/3, 4/5 |

Yoga

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|-----------------|-----------------|------------------|-----|----------------------|
| Beginner Yoga | TTH 7:30–8:25am | Nadine Lindseth | RA3 | 3/21–4/4 |
| Hatha Flow Yoga | MW 12–12:55pm | Jennie Olson Six | FR | 3/20, 3/22, 4/3, 4/5 |