



RED HAWK

SWIM & FITNESS

GROUP FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates (Pilates Studio)	5:00a Diana 6:00a Diana 7:00a Diana 8:30a Stacey 9:40a Alheli 10:35a Alheli 6:00p Stacey	5:00a Diana 6:00a Diana 8:30a Stacey 9:30a Stacey 10:30a Jamie <u>5:00p Laura</u>	5:00a Diana 6:00a Diana 7:00a Diana 8:30a Alheli 9:30a Alheli 10:30a Alheli 4:00p Alheli 5:00p Alheli 6:00p Stacey	5:00a Diana 6:00a Diana 8:30a Stacey 9:30a Stacey 10:30a Jamie 4:00p Alheli 5:00p Alheli	5:00a Diana 6:00a Diana 7:00a Diana 8:30a Alheli 9:30a Alheli <u>10:30a Laura</u> <u>11:30a Laura</u>	6:00a Diana 7:00a Diana 8:00a Diana	
Spin (Gym Studio)	7:30a Jamie	5:30a Sylvia	7:30a Jamie	5:30a Sylvia		7:20a Sylvia	8:00a Sandi
Yoga (Gym Studio)	8:35a Alheli 11:40a Alheli 5:00p Robin	10:30a Carole	5:00p Robin	10:30a Carole	9:30a Robin		
Strength and Cardio (Gym Studio)	10:00a Megan	8:15a Sandi		8:15a Sandi	11:00a Megan	8:40a Sandi	
TRX (Gym Studio)	1:00p Auriel	9:15a Jamie	1:00p Auriel	9:15a Jamie			
Barre (Gym Studio)				1:00p Auriel			

Please be advised that your spot may be given to another member if your more than 5 minutes late and have not informed the Swim & Fitness department.

Cancellation Policy:

Class cancellations must be made at least 3 hours in advance. A \$15 fee will be charged for insufficient notice if outside of the 3 hour mark, or if you no call no show to a class. These fees will be added to your monthly dues assessment.

To reserve a spot in class, Visit our MINDBODY APP