



# GROUP FITNESS

## MONDAY

Bootcamp	5:30AM	Cameron	Group Fitness Room
Yoga	8:30AM	Liz	Group Fitness Room
Yoga	6:00PM	Kendra	Group Fitness Room

## TUESDAY

Spin & Pump	5:45AM	Mona	Spin Room
Spin	8:30AM	Liz	Spin Room
Circuit Training	9:00AM	Bernie	Main Gym
Pilates Mat	9:45AM	Bernie	Group Fitness Room

## WEDNESDAY

Bootcamp	5:30AM	Bernie	Group Fitness Room
Yoga	8:30AM	Liz	Group Fitness Room
Beginner Yoga	9:45AM	Liz	Group Fitness Room
Restorative Yoga	6:00PM	Ashley	Group Fitness Room

## THURSDAY

Spin & Core	5:45AM	Liz	Spin Room
Spin	8:30AM	Bernie	Spin Room
Balance & Conditioning	9:00AM	Liz	Group Fitness Room
Tabata	9:45AM	Bernie	Group Fitness Room

## FRIDAY

Bootcamp	5:30AM	Cameron	Group Fitness Room
Yoga	8:30AM	Joanne	Group Fitness Room
Zumba	9:30AM	Eleanor	Group Fitness Room

## **PERSONAL TRAINER, Cameron Scharnick, CPT**

USA Weightlifting Certified, Metabolic Analytics Certified. Advanced Program Design Certified  
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## **MASSAGE THERAPIST, Nicki Wolff CMT**

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