

WHICH WORKOUT CLASS WORKS FOR YOU?

**ALL WORKOUT CLASSES ARE INCLUDED
WITH MEMBERSHIP OR PAID GUEST PASS**



**Facilitator:
Kim Gallegos**

HYBRID WORKOUT

**Mon-Tues-Wed-Thurs
5:10 am**



**Remote Instructor:
Shona Noyola**

Chair Yoga

**Tuesdays & Thursdays
10:30 am**



**Instructor:
Erica Lossett**

STRENGTH & STRETCH

**Mon, Wed, Thurs
5:30 pm**

**Friday
7:50 am**



Staff Facilitators

(Indoor, Group) WALKING WORKOUT

**1 mile walk
Mon-Thurs
4:30 pm**

**2 - 3 mile walk
Tuesdays
5:30 pm**