

# 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