






PTO Fitness Center VIRTUAL Group Exercise Schedule

Effective Monday October 18, 2021

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
6:30 – 7am MORNING MOBILITY & MOVEMENT Eddie	9 - 9:45am FLOW YOGA Jo		6:30 – 7am MORNING MOBILITY & MOVEMENT Eddie	9 - 9:45am FLOW YOGA Jo
11:15-11:45am  Christle	11 – 11:45am POWER PILATES YOGA Ashley		11 – 11:45am FLOW YOGA Ashley	
12 – 12:25pm ABS/CORE Mindy	12 – 12:25pm ABS/CORE Ashley	12 – 12:25pm ABS/CORE Megan	12 – 12:25pm ABS/CORE Aimee	12 – 12:25pm ABS/CORE Crystal
12:30 – 1:00pm FLOW YOGA EXPRESS Ashley	12:30-1pm FUNCTIONAL STRENGTH & CONDITIONING Bill	12:30 – 1pm PILATES BARRE Dolcie	12:30-1pm FUNCTIONAL STRENGTH & CONDITIONING Aimee	12:30 – 1pm PILATES BARRE Dolcie
				1 – 1:45pm STEP FIT Mindy
	4 - 4:45pm  Dolcie / Meg	4 – 4:45pm  Dolcie	4 – 4:45pm  Crystal	4 – 4:30pm HiIT Dolcie
5 – 5:45pm  Migle	5 - 5:30pm HAPPY (1/2) HOUR YOGA for HEALTHY BACKS Catha	5 – 5:45pm STRETCH, BREATHE, RELAX Catha		
	5:30 – 6pm HIIT Mindy	5 – 5:30pm  Cyndi	5:30 – 6pm HIIT Meg	