



PTO Fitness Center VIRTUAL & **In-Club** Group Exercise Schedule

Effective Tuesday June 21, 2022

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
6 – 6:30am MORNING MOBILITY & MOVEMENT Eddie	9 - 9:45am FLOW YOGA Jo		6 – 6:30am MORNING MOBILITY & MOVEMENT Eddie	
11:15-11:45am TURBO TRICK Christle			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 Dolcie	12:30 – 1pm PILATES BARRE Dolcie	12:30-1pm FUNCTIONAL STRENGTH & CONDITIONING Aimee	12:30 – 1pm PILATES BARRE Dolcie
	1 – 1:45pm YOGA West Studio Catha			
4 - 4:45pm IGNITE DANCEFIT Dolcie / Meg	4 – 4:30pm STEP EXPRESS West Studio Mindy	4 – 4:30pm STRONG Dolcie		
		4 - 4:45pm STRENGTH West Studio Frank	4 – 4:45pm CYCLE + ABS West Studio Dolcie	
5 – 5:30pm STRETCH & RELAX Jo / Ashley		5 – 5:30pm COMBAT HIIT West Studio Jeff		
	5:30 – 6pm HIIT Mindy	5 – 5:30pm PILATES YOGA BARRE Ashley	5:30 – 6pm HIIT Crystal	