### SUNDAY
- 5:30 am Strength Mash-up Leslie (Studio A)

### MONDAY
- 6:00 am FT Katrina (Turf/FT Room) **PAID CLASS**
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### TUESDAY
- 7:00 am FT Carolina (Turf/FT Room) **PAID CLASS**
- 6:00 am FT Carolina (Turf/FT Room) **PAID CLASS**
- 6:00 am FT Carolina (Turf/FT Room) **PAID CLASS**
- 6:00 am FT Carolina (Turf/FT Room) **PAID CLASS**

### WEDNESDAY
- 7:15 am Bodyweight Bootcamp Leslie (Studio A)
- 7:15 am Vinyasa Flow Yoga Joe (Studio A)

### THURSDAY
- 8:15-9:00 am Strength Cori (Online ONLY)
- 8:15-9:00 am TRX Leslie (Studio A)

### FRIDAY
- 8:00 am Group Active Annette (Studio A)
- 8:00 am Zumba® Susan (Studio A)
- 9:00 am Power Yoga Nissa (Turf)

### SATURDAY
- 10:30 am Chair Yoga Laurie (Online ONLY)
- 10:30 am Senior Walking Group Annette (Outside)

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**Note:**
- All classes are 55 min unless otherwise stated.
- **Online Class**
  - This class is only viewable during live class. No recordings will be posted.
- **Paid/Registration required**
  - FT Monthly
  - FT 5 Classes
  - FT 10 Classes

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**Disclaimer:** As with all exercise programs, you need to use caution and listen to your body. By performing any fitness exercises, you are performing them at your own risk. We encourage you to exercise at your own pace and stop if you are feeling pain or feel dizzy.