



SPRING 2022 Fitness Class Schedule

Effective Dates: January 18 – April 29

No Classes: Mar. 14-18, Apr. 15

***Classes are **FREE** for students! (Still \$1.00 for everyone else *except Water Aerobics*.) ***

Monday	Tuesday	Wednesday	Thursday
6:30-7:15 P.M. SPIN IT Studio 207 Andrea LIMIT 15	12:10-12:55 P.M. POWER LUNCH Studio 250 Anne Marie 5 P.M. (1 HOUR) WATER AEROBICS Pool Mikah/Olivia	5 P.M. (1 HOUR) VINYASA FLOW YOGA Studio 203 Carla 6:30-8:00 P.M. FOX DANCE COLLECTIVE Studio 203 Emma 6:30-7:15 P.M. SPIN IT Studio 207 Andrea LIMIT 15	12:10-12:55 P.M. POWER LUNCH Studio 250 Anne Marie 5 P.M. (1 HOUR) WATER AEROBICS Pool Mikah/Olivia

