



OUTDOOR STUDIO SCHEDULE

**Our outdoor studio will hold classes
May 20th–June 14th and September 10th–24th**

TUESDAY

ONLY ABS

8:15–8:45 am

Kathy L.

Come enjoy your ab exercises in the fresh air. Class will be moved to Studio 1 if there is inclement weather.

WEDNESDAY

HIIT CIRCUIT

7:30–8:15 am

Kathy L.

This class will consist of stations that include cardio, core, weighted exercises along with TRX Suspension training, battle rope, bands and more. All fitness levels welcome and all equipment will be provided.

THIS CLASS DOES NOT HAVE AN INDOOR OPTION IF THERE IS INCLEMENT WEATHER.

FRIDAY

STRETCH FOR LIFE

10:00–10:45 am

Margie M.

This class is the perfect addition for those who do cardio and strength training, as well as those who are sedentary and need to relieve sciatica pain, carpal tunnel, back pain, hip tension, etc. Please bring your own mat.

THIS CLASS DOES NOT HAVE AN INDOOR OPTION IF THERE IS INCLEMENT WEATHER.

THINGS TO NOTE:

- Advanced registration is required to attend these classes. Registration opens online 23-hours in advance.
- You must check in at the Welcome Center prior to coming to the Outdoor Studio
- The Outdoor Studio is located to the left of the building.
- Class participants should bring their own mat
- Must be 16+ to participate