



## Summer Schedule 7/5-10/1

### Monday

### Instructors:

Total Body Conditioning	12-1 PM	Kimsey
HP Yoga, Flow	5:30-7 PM	Steve

### Tuesday

Computrainer	6:30-7:30 AM	Chris
	10-11 AM	Chris
	12-1 PM	Chris

### Wednesday

Total Body Conditioning	12-1 PM	Kimsey
HP Yoga, Prop	5:30-7 PM	Steve

### Thursday

Computrainer	6:30-7:30 AM	Chris
	10-11 AM	Chris
	12-1 PM	Chris

New classes and instructors are on the way! Check the website and our Facebook page for updates.