



OUTDOOR GROUP FITNESS SCHEDULE

AUGUST 2021

*SIGN-UP ON THE CLUBLIFE APP

MONDAY

5:45a
SPIN w/Kelley

6:30a
TOTAL BODY & ABS w/Kelley

8:00a
TOTAL BODY & ABS w/Nicki V

8:00a
SPIN w/Yvette

9:00a
STRETCH w/Eric

10:00a
SUMMER BODY SCULPT w/Yvette

TUESDAY

5:45a
RISE n' SHINE w/Julie

8:00a
SPIN w/Yvette

8:00a
TOTAL BODY & ABS w/Elena

9:00a
ATHLETIC YOGA w/Elena

9:00a
AQUA AEROBICS w/Hogan

5:30p
VIN
YOGA FOR TENNIS & GOLF w/Azadeh

WEDNESDAY

5:45a
TRX@+ w/Kelley

7:00a
YIN YANG YOGA w/Azadeh

8:00a
TOTAL BODY & ABS w/Elena

9:00a
SPIN w/Stephanie

9:00a
STRETCH w/Yvette

10:00a
SUMMER BODY SCULPT w/Eric

THURSDAY

5:45a
RISE n' SHINE w/Julie

8:00a
SPIN w/Julie

8:00a
TOTAL BODY & ABS w/Azadeh

9:00a
YOGA SCULPT w/Elena

9:00a
AQUA AEROBICS w/Hogan

FRIDAY

5:45a
SPIN+ Kelley

7:00a
VINYASA FLOW YOGA w/Azadeh

8:00a
TOTAL BODY & ABS w/Yvette

8:00a
SPIN w/Stephanie

9:00a
STRETCH w/Eric

10:00a
SUMMER BODY SCULPT w/Julie

SATURDAY

8:00a
SPIN w/Stephanie

9:00a
TOTAL BODY & ABS w/Elena

9:00a
AQUA AEROBICS w/Hogan

