



FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA ASANA (Leif) 10AM-11AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	TC AQUA AEROBICS (Jay) 830AM-930AM	TC AQUA AEROBICS (Jay) 830AM-930AM	TC AQUA AEROBICS (Jay) 830AM-930AM	TC AQUA AEROBICS (Karen) 830AM-930AM	YOGA ASANA (Leif) 10AM-11AM
	YOGA ASANA (Leif) 10AM-11AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	ZUMBA TONING (Yvonnee) 9AM - 10AM	YOGA ASANA (Leif) 6PM-7PM
	STRONG NATION (Karen) 12PM-1PM		STRONG NATION (Karen) 12PM-1PM			
	TC AQUA AEROBICS (Jennifer) 4:30PM-6PM	YOGA (Leif) 10AM-11AM	YOGA ASANA (Leif) 10AM-11AM	YOGA (Leif) 10AM-11AM	YOGA ASANA (Leif) 10AM-11AM	
	ZUMBA TONING (Yvonnee) 6PM-7PM	ZUMBA TONING (Yvonnee) 6PM-7PM	TC AQUA AEROBICS (Jennifer) 4:30PM-6PM	ZUMBA TONING (Yvonnee) 6PM-7PM	TC AQUA AEROBICS (Jennifer) 5PM - 6PM	
	YOGA ASANA (Leif) 6PM-7PM	YOGA ASANA (Leif) 6PM-7PM	ZUMBA TONING (Yvonnee) 6PM-7PM	YOGA ASANA (Leif) 6PM-7PM	ZUMBA TONING (Yvonnee) 6PM-7PM	
			YOGA ASANA (Leif) 6PM-7PM		YOGA ASANA (Leif) 6PM-7PM	

Members: FREE
Walk-Ins: \$10.00

Hotel Guests: \$5.00
H Honors: \$10.00

PHR Members: \$5.00
H Honors (In-House): FREE