

# ProHealth Fitness

## Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Tactical Training Ryan				Tactical Training Ryan
9:00am	Body Sculpting Ryan		Body Sculpting Ryan		Body Sculpting Ryan
10:00am		Stretch Nicole		Stretch Nicole	
12 noon	Spinning Ryan	Bootcamp Ryan	Spinning Emily	Bootcamp Ryan	
5:30pm	Bootcamp Ryan	Yoga Nicole	Bootcamp Ryan	Yoga Nicole	

1. Class size is limited to 10 participants to accommodate social distancing guidelines.
2. First come, first serve.
3. Use hand sanitizer before and after class.
4. Do not share equipment.
5. You may only save a spot for yourself, no one else.
6. Bring your own towel and yoga mat.