

ProHealth Fitness

Group Exercise Schedule April/May 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10am	Cycle Fusion Ryan		Cycle Fusion Ryan		Cycle Fusion Ryan	
6:00am	Tactical Training Ryan		Tactical Training Ryan		Tactical Training Ryan	
8:00am		TRX Kourtney		TRX Kourtney		
9:00am	Body Sculpting Ryan		Body Sculpting Ryan		Body Sculpting Ryan	Bootcamp Ryan
	Aqua Sculpting Nicole		Aqua Sculpting Nicole		Aqua Sculpting Nicole	
10:00am	BarreConditioning Kourtney	Stretch Nicole	Stretch Nicole	Stretch Nicole	BarreConditioning Kourtney	
12 noon	Spin Kourtney	Bootcamp Ryan	Cycle Fusion Emily	Bootcamp Ryan		
4:30pm	TRX Kourtney	Bootcamp Ryan	TRX Kourtney	Bootcamp Ryan		
5:30pm	Bootcamp Ryan	Yoga Nicole	Bootcamp Ryan	Yoga Nicole		

1. Class size is limited to 10 participants.
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.

Effective 4.26.2021