

## Group Exercise Class Schedule

### Monday

#### Core Builder

12:00 – 12:20 p.m. | Chris

### Tuesday

#### Circuit Training

12:00 – 12:45 p.m. | Chris

### Wednesday

#### Strength Training

12:00 – 12:45 p.m. | Chris

### Thursday

#### Barre

12:00 – 12:45 p.m. | Sarah

Members can join all classes for FREE either in person or virtually through MS Teams! Please ask Sarah or Chris for more info.

### Club Hours

Monday – Thursday  
7 a.m. – 3 p.m.

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