

Labor Day Schedules

Monday, September 1

Group Fitness Classes

Studio A

- 8:00–8:45 am: Yoga – Mari
- 9:00–9:45 am: Total Body Strength – Mari
- 10:00–10:45 am: Swell (*In-Person Only*) – Meg

Studio B

- 9:00–9:45 am: Sit & Stay Fit – Shelly
- 10:00–10:45 am: Cardio Tone – Shelly

Aquatic Classes

- 5:30–11:00 am: Self- Led Exercise/Water Walking
- 11:00–11:50 am: Aqua Low Impact – Shelly

