

# FITNESS CLASS SCHEDULE / NOVEMBER 2021



CLASS	FROM	TO	LOCATION	INSTRUCTOR
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MON

Bootcamp	8:00 AM	9:00 AM	Movement Studio	Federico
Healthy Back	9:30 AM	10:30 AM	Movement Studio	Federico
Abs and Glutes	11:00 AM	12:00 PM	Movement Studio	Federico

TUE

Chakra Yoga	8:00 AM	9:00 AM	Movement Studio	Sarah
Guided Hike - Grand View Trail	9:30 AM	10:30 AM	Meet at Movement Studio	Sarah
Twilight Yoga	5:30 PM	6:30 PM	Movement Studio	Rachel

WED

Cardio Muscle Circuit	8:00 AM	9:00 AM	Movement Studio	Kori
Morning Meditation	9:30 AM	10:30 AM	Movement Studio	Marina
Conditioning for Winter Sports	11:00 AM	12:00 PM	Movement Studio	Federico

THU

Yoga Flow	8:00 AM	9:00 AM	Movement Studio	Sarah
Guided Hike - Shaw Trail	8:00 AM	9:00 AM	Meet at Movement Studio	Molly
Barre	10:30 AM	11:30 AM	Movement Studio	Molly

FRI

Strength & Conditioning	8:00 AM	9:00 AM	Movement Studio	Kori
Traveling Circuit	9:30 AM	10:30 AM	Meet at Movement Studio	Kori
Vinyasa Yoga Flow	10:30 AM	11:30 AM	Movement Studio	Rachel

SAT

Vinyasa Yoga Flow	8:00 AM	9:00 AM	Movement Studio	Taylor
Pilates Core Power	9:30 AM	10:30 AM	Movement Studio	Molly
Guided Hike - Grand View Trail	11:00 AM	12:00 PM	Meet at Movement Studio	Molly
Mindful Meditation	11:00 AM	12:00 PM	Movement Studio	Marina

SUN

Pilates Body Balance	8:00 AM	9:00 AM	Movement Studio	Federico
Stretch Yoga	9:30 AM	10:30 AM	Movement Studio	Federico
Mindful Meditation	11:00 AM	12:00 PM	Movement Studio	Marina

# FITNESS CLASS SCHEDULE / DECEMBER 2021



CLASS	FROM	TO	LOCATION	INSTRUCTOR
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MON

Bootcamp	8:00 AM	9:00 AM	Movement Studio	Federico
Healthy Back	9:30 AM	10:30 AM	Movement Studio	Federico
Abs and Glutes	11:00 AM	12:00 PM	Movement Studio	Federico

TUE

Chakra Yoga	8:00 AM	9:00 AM	Movement Studio	Sarah
Guided Hike - Grand View Trail	9:30 AM	10:30 AM	Meet at Movement Studio	Sarah
Twilight Yoga	5:30 PM	6:30 PM	Movement Studio	Rachel

WED

Cardio Muscle Circuit	8:00 AM	9:00 AM	Movement Studio	Kori
Morning Meditation	9:30 AM	10:30 AM	Movement Studio	Marina
Conditioning for Winter Sports	11:00 AM	12:00 PM	Movement Studio	Federico

THU

Yoga Flow	8:00 AM	9:00 AM	Movement Studio	Sarah
Guided Hike - Shaw Trail	8:00 AM	9:00 AM	Meet at Movement Studio	Molly
Barre	10:30 AM	11:30 AM	Movement Studio	Molly

FRI

Strength & Conditioning	8:00 AM	9:00 AM	Movement Studio	Kori
Traveling Circuit	9:30 AM	10:30 AM	Meet at Movement Studio	Kori
Vinyasa Yoga Flow	10:30 AM	11:30 AM	Movement Studio	Rachel

SAT

Vinyasa Yoga Flow	8:00 AM	9:00 AM	Movement Studio	Taylor
Pilates Core Power	9:30 AM	10:30 AM	Movement Studio	Molly
Guided Hike - Grand View Trail	11:00 AM	12:00 PM	Meet at Movement Studio	Molly
Mindful Meditation	11:00 AM	12:00 PM	Movement Studio	Marina

SUN

Pilates Body Balance	8:00 AM	9:00 AM	Movement Studio	Federico
Stretch Yoga	9:30 AM	10:30 AM	Movement Studio	Federico
Mindful Meditation	11:00 AM	12:00 PM	Movement Studio	Marina