

JANUARY FITNESS ADULTS SCHEDULE

MON



SpirHIIT

7:30 am

Pam

•



Mindful Movement & Meditation

8:30 am

Ashley

TUE



Sunrise Yoga (Beach Club)

7:30 am

Devi

•



Hatha Yoga

9:30 am

Veronica

WED



Body Sculpt

7:30 am

Mariana

•

Yoga Sculpt Fusion

8:30 am

Michelle S.

•

Mat Pilates

9:30 am

Maggie

THU



Body Connect

7:30 am

Mariana

•



Swim Stronger

7:30 am

Raul

•



Vinyasa Yoga

9:30 am

Veronica

FRI



Total Body Blast

7:30 am

Manuk

•

Yoga Sculpt Fusion

8:30 am

Michelle S.

SAT

Reserve through the Q Member app.
Please bring your own exercise mat.
Classes are limited to 10 participants.

Member: \$15 | **Guest:** \$25

Vertical: Complimentary