

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11:30AM - 12:30PM <b>YIN YOGA &amp; SOUND</b> MEETING ROOM ALEJANDRA (16)	12:45PM - 1:45PM <b>GRIT60</b> YARD JOLENE (12)	Starts July 8th 9:00AM - 10:00AM <b>FLOW &amp; BALANCE YOGA</b> MEETING ROOM ALEJANDRA (20)	12:45PM - 1:45PM <b>GRIT60</b> YARD JOLENE (12)
	6:30PM - 7:30PM <b>GAINZ</b> YARD MARCELLUS (8)	5:30PM - 6:30PM <b>AQUA GROUNDING FLOW</b> POOL ALEJANDRA (7)	6:30PM - 7:30PM <b>GAINZ</b> YARD MARCELLUS (8)



## AQUA GROUNDING FLOW



Performed on aqua boards, this class focuses on balance, stability, and controlled movement while promoting deep core activation through slow, intentional exercises. Leave feeling grounded, strengthened, and more connected to both your body and the water beneath you.



## GAINZ



Build confidence & achieve new personal records in this specialized group training class will focus on weight training & three main lifts: Bench Press, Squat, and Deadlift!



## FLOW AND BALANCE



**FLOW AND BALANCE** links breath with slow challenging movement through smooth transitions between postures, helping improve balance and body control.



## GRIT60



**GRIT60** is designed exclusively for women looking to build strength, confidence, and endurance in a supportive, empowering environment.



## YIN YOGA & SOUND



**YIN YOGA & SOUND** combines slow-paced movements and deep-held stretches using different props while listening to the sound of instruments.

### Drop In Prices:

Members - \$10

Non-Members - \$15

**\*DISCOUNTED PRICES FOR REGISTERING FOR AN ENTIRE MONTH\***

FEE BASED AND REQUIRE PAYMENT AT TIME OF REGISTRATION.



**RESERVE YOUR SPOT ONLINE**