

# GROUP EXERCISE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		YOGA 9 A.M.		YOGA 9 A.M.		WARRIOR WORKOUT 9 A.M.
	YOGA 5 P.M.	SPIN 5 P.M.	WARRIOR WORKOUT 5 P.M.	SPIN 5 P.M.		

**Warrior Workout:** Functional strength and conditioning class using various types of weighted and body weight exercises.

**Yoga:** Multi-level yoga class designed to encourage a moving meditation while combining strength and flexibility.

**Spin:** Cardio cycling combines speed drills, hill climbing, and intervals to increase the heart rate.

All classes are taught by certified fitness professionals. Limited space available.

Arrive 5 minutes prior to start of class to sign in.

Open to all MWR authorized patrons. Classes are subject to cancel, for more information or questions call 360-476-2231.

