



Group X Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8a	Barre	Yoga	Barre		
10a	Low Impact Aerobics		Low Impact Aerobics		Low Impact Aerobics

Barre: fusion of ballet, pilates, and yoga using a variety of equipment ***Yoga:*** beginner to intermediate flow:

Low Impact Aerobics: low impact aerobics class focusing on cardio, strength, balance, and stretching