

# EUREKA GROUP CLASSES

Fall 2022

Club Hours

Mon-Fri: 5:00am-10:00pm

Sat & Sun: 8:00am-1:00pm

## MONDAY

Cycling	5:30-6:15am	Julie
Pilates Mat	9:00-9:45am	Ginger
Everyday Strength	11:00-11:45am	Laura
Cycle Strength	5:30-6:15pm	Barbara
Vinyasa Yoga	5:30-6:45pm	Christine

## TUESDAY

Pilates Mat	8:30-9:15am	Ginger
Aqua Zumba	9:30-10:15am	Marla
Everyday Strength	11:00-11:45am	Casse
Aqua Conditioning	12:00-12:45pm	Casse
Dance Fusion	5:30-6:15pm	Stefani & Phuong
Cardio Splash (\$) 9/6-10-13	5:30-6:20pm	Casse

## WEDNESDAY

Cycling	5:30-6:15am	Julie
Hatha Yoga	9:30-10:30am	Francis
Everyday Strength	11:00-11:45am	Laura
Zumba Gold	1:30-2:15pm	Casse
Cycling	5:30-6:15pm	Savannah
Vinyasa Yoga	5:30-6:45pm	Christine

## THURSDAY

Pilates Mat	8:30-9:15am	Ginger
Aqua Zumba	9:30-10:15am	Marla
Everyday Strength	11:00-11:45am	Casse
Aqua Conditioning	12:00-12:45pm	Casse
Dance Fusion	5:30-6:15pm	Stefani & Phuong
Cardio Splash (\$) 9/6-10-13	5:30-6:20pm	Casse

## FRIDAY

Pilates Barre Fusion	9:00-9:45am	Ginger
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## SATURDAY

Vinyasa Yoga	8:30-9:30am	Tara
Cycle Strength	9:00-9:45am	Julie

## SUNDAY

Yoga Flow	10:30-11:45am	Stephanie P.
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**HealthSPORT**

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