

## New Classes\* & Added Times

<b>MON</b>	<b>5 PM</b> Group Equipment <i>with Noreen</i>	<b>6 PM</b> TRX, Core & More <i>with Noreen</i>			
<b>TUES</b>	<b>9:30 AM</b> Pilates* Circuit <i>with Noreen</i>	<b>11:30 AM</b> Pilates* Restorative <i>with Noreen</i>	<b>12 PM</b> Yoga Flow* <i>with Liz</i>	<b>5 PM</b> Group Equipment <i>with Amy</i>	<b>7 PM</b> Rhythm* Pilates <i>with Marta</i>
<b>WED</b>	<b>11:30 AM</b> Group Equipment <i>with Amy</i>	<b>5:30 PM</b> Group Equipment <i>with Molli</i>			
<b>THURS</b>	<b>7:30 AM</b> Foam Roller/* Core Fusion <i>with Bethany</i>	<b>11:30 AM</b> Pilates Restorative <i>with Marta</i>	<b>5 PM</b> Pilates* Circuit <i>with Julianne</i>	<b>6 PM</b> Foam Roller/* Core Fusion <i>with Julianne</i>	
<b>FRI</b>	<b>5:30 PM</b> Group Equipment <i>with Charlotte</i>				
<b>SAT</b>	<b>10:30 AM</b> Foam Roller/* Core Fusion <i>with Charlotte</i>	<b>11:30 AM</b> Group Equipment <i>with Charlotte</i>			