

WELLNESS CLASSES

MON

5:30 PM **Spa Yoga** with Steph Coleman Givens

TUE

10:30AM **Pilates for a Strong Body**
with Martina Steves

4:30 PM **Spin®** with Tara Cheney

5:30 PM **Ignite & Flow: Heated Vinyassa**
with Kristin Cassidy

WED

9:30 AM **Chill Bliss Gentle Yoga**
with Kristin Cassidy

THUR

10:30 AM **Pilates for a Strong Body**
with Martina Steves

4:30 PM **Spin®** with Coral Vogel

5:30 PM **Ignite & Flow: Heated Vinyassa**
with Kristin Cassidy

FRI

9:30 AM **Chill Bliss Gentle Yoga**
with Kristin Cassidy

SUN

10:30 AM **Rise & Thrive: Sunday Heated Yoga Flow**
with Kristin Cassidy

