The Country Club at WOODMOOR

FITNESS CLASS SCHEDULE

EFFECTIVE MARCH 1, 2018

Monday

	CLASS	INSTRUCTOR
8-8:55 A	Interval/Strength	Jody
9-9:55 A	Yoga	Svetlana
6:15 P	Evening Yoga	Svetlana

Tuesday

	CLASS	INSTRUCTOR
8-8:55 A	Weight Circuit Training	Sally
9:00 A	Pilates Fusion	Ruslana
5-6:00 P	Super Spin	Shannon

Wednesday

	CLASS	INSTRUCTOR
8-8:55 A	Core and Flex	Sally
9-9:55 A	Yogalates	Svetlana

Thursday

	CLASS	INSTRUCTOR
6:05-7 A	Super Spin	Arin
8-8:55 A	Interval and Strength	Sally
9:00 A	Pilates Fusion	Ruslana
6:15 P	Evening Yoga	Svetlana

Friday

	CLASS	INSTRUCTOR
8-8:55 A	Cardio/Toning	Jody
9:00 A	Tai Chi & Chi Gong Fusion	Svetlana

Saturday/Sunday

CLASS	INSTRUCTOR
No Weekend Classes	