






GROUP FITNESS SCHEDULE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
|  YOGA 8:30am w/SALLY | | | | TEAM TRAINING 9:00am w/SAM |
| <i>Cardio</i> SCULPT 5:30pm w/LOREN |  YOGA 5:30pm w/SALLY | PILATES MAT 5:30pm w/LOREN |  YOGA 5:30pm w/SALLY | |
| TEAM TRAINING 6:30pm w/SAM | TEAM TRAINING 6:30pm w/SAM | TEAM TRAINING 6:30pm w/SAM | | |

- Yoga = Involves movement, meditation, and breathing techniques to promote mental and physical well-being.
 - Pilates Mat = Low impact, low intensity workout that will tone your muscles, strengthen your core, and increase range of motion & flexibility!
 - Cardio Sculpt = Bodyweight and light dumbbell movement combined with cardio movement to get your heart rate up.
 - TEAM TRAINING = Boot camp style class with a mix of weights, HIIT and cardio for a total body workout that is geared towards RESULTS. Taught by Certified Personal Trainer.
- *ALL class participants are required to check into the class through the Powerhouse PHG app – Please see front desk for instructions to download
- **TEAM classes are only included for Premier Memberships – Please see front desk to upgrade