



## Group Fitness Schedule May 2019

Day/Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:50am	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	Strength Circuit Trainer: Anne	Cardio Circuit Trainer: Justin	Muscular Reset Workshop Trainer: Justin	
7:30am - 8:15am	Pilates Instructor: Sharon				Pilates Instructor: Sharon	
9:00am- 9:45am	Small Group Train* Trainer: Justin	Hatha Yoga Instructor: Sue Ellen		Hatha Yoga Instructor: Sue Ellen		Small Group Train* Trainer: Anne/Cam
10:15am - 11:00am	S&S Instructor: Martha	Gentle Yoga Instructor: Sue Ellen	S&S Instructor: Martha	Gentle Yoga Instructor: Sue Ellen	<p><b>*REQUIRES ADVANCED SIGN UP</b> \$10 per session</p> <p>Personalized coaching available in a small group setting</p> <p>Contact Anne to sign up or for more info <a href="mailto:wellness@theoutingclub.com">wellness@theoutingclub.com</a></p> <p style="text-align: right;">wellness center: 563.424.4597</p>	
12:00pm - 12:50pm	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Justin		
5:15pm - 6:05pm		Breath Centered Yoga Instructor: Tom		Breath Centered Yoga Instructor: Tom		

