# GROUP FITNESS SCHEDULE 2018

## SUNDAY
- **6:00 - 6:00 AM**
  - Total Body Conditioning
  - Group Fitness Room
- **9:15 - 10:15 AM**
  - Zumba
  - Group Fitness Room
- **11:00 - 12:15 PM**
  - Intro to Yoga
  - Group Fitness Room

## MONDAY
- **6:15 - 7:15 AM**
  - Monday Morning Kick Start
  - Group Fitness Room
- **8:00 - 9:00 AM**
  - Zumba
  - Group Fitness Room
- **9:15 - 10:15 AM**
  - Tai Chi Flow
  - Group Fitness Room
- **10:30 - 11:30 AM**
  - Pilates
  - Group Fitness Room
- **3:30 - 4:45 PM**
  - Vinyasa Yoga
  - Group Fitness Room

## TUESDAY
- **6:15 - 7:15 AM**
  - Rip Fit
  - Warrior Pit
- **6:15 - 7:00 AM**
  - Circuit L2
  - Weight Room
- **7:00 - 7:50 AM**
  - Sweat Shop
  - Group Fitness Room
- **8:00 - 8:50 AM**
  - Kettle Bells
  - Group Fitness Room
- **9:00 - 9:50 AM**
  - Barre Class
  - Group Fitness Room
- **10:00 - 10:45 AM**
  - SASS Stretch
  - Group Fitness Room
- **10:00 - 11:00 AM**
  - Aqua Interval
  - Lap Pool
- **11:00 - 12:15 PM**
  - Yoga
  - Group Fitness Room
- **1:00 - 2:00 PM**
  - Qi Gong for Balance
  - Group Fitness Room
- **3:00 - 4:00 PM**
  - Total Body Conditioning
  - Group Fitness Room

## WEDNESDAY
- **6:15 - 7:15 AM**
  - Mid-Week Muscle Mix
  - Group Fitness Room
- **7:45 - 8:30 AM**
  - HIIT Pit
  - Warrior Pit
- **8:15 - 9:00 AM**
  - Dance’n Step
  - Group Fitness Room
- **9:15 - 10:15 AM**
  - Tai Chi Flow
  - Group Fitness Room
- **10:30 - 11:30 AM**
  - Aqua Interval
  - Lap Pool
- **10:30 - 11:30 AM**
  - Pilates
  - Group Fitness Room
- **3:30 - 4:45 PM**
  - Vinyasa Yoga
  - Group Fitness Room

## THURSDAY
- **6:15 - 7:15 AM**
  - Rip Fit
  - Warrior Pit
- **6:15 - 7:00 AM**
  - Circuit L2
  - Weight Room
- **7:00 - 7:50 AM**
  - Sweat Shop
  - Group Fitness Room
- **8:15 - 9:00 AM**
  - Dance’n Step
  - Group Fitness Room
- **9:15 - 10:15 AM**
  - Tai Chi Flow
  - Group Fitness Room
- **9:30 - 11:00 AM**
  - Strength, Balance & Stretch
  - Group Fitness Room
- **10:00 - 10:45 AM**
  - SASS Stretch
  - Group Fitness Room
- **10:30 - 11:30 AM**
  - Pilates
  - Group Fitness Room
- **11:15 - 12:15 PM**
  - Traditional Tai Chi
  - Group Fitness Room
- **3:30 - 4:30 PM**
  - Intro to Yoga
  - Group Fitness Room

## FRIDAY
- **6:15 - 7:15 AM**
  - Mat Class
  - Group Fitness Room
- **6:15 - 7:00 AM**
  - Circuit L2
  - Weight Room
- **7:00 - 7:50 AM**
  - Sweat Shop
  - Group Fitness Room
- **8:15 - 9:00 AM**
  - Dance’n Step
  - Group Fitness Room
- **9:15 - 10:15 AM**
  - Tai Chi Flow
  - Group Fitness Room
- **10:30 - 11:30 AM**
  - Strength, Balance & Stretch
  - Group Fitness Room
- **3:30 - 4:45 PM**
  - Vinyasa Yoga
  - Group Fitness Room

## SATURDAY
- **7:45 - 9:00 AM**
  - Meridian Yoga
  - Group Fitness Room
- **9:15 - 10:15 AM**
  - Zumba
  - Group Fitness Room
- **10:30 - 11:30 AM**
  - Pilates
  - Group Fitness Room
- **9:00 - 9:50 AM**
  - Barre Class
  - Group Fitness Room
- **10:00 - 11:00 AM**
  - Kettle Bells
  - Group Fitness Room
- **11:15 - 12:15 PM**
  - Traditional Tai Chi
  - Group Fitness Room
- **3:00 - 4:00 PM**
  - Total Body Conditioning
  - Group Fitness Room
- **3:00 - 4:00 PM**
  - Yoga
  - Group Fitness Room
- **3:30 - 4:30 PM**
  - SASS Stretch
  - Group Fitness Room
- **3:30 - 4:30 PM**
  - Pilates
  - Group Fitness Room
- **4:45 - 5:45 PM**
  - Vinyasa Yoga
  - Group Fitness Room

*Hours vary by season*

**Red Rock Yoga**
Meet in Lobby of Resort

**Total Body Conditioning**
Group Fitness Room