



COMPLIMENTARY FITNESS CLASSES

Class size is limited, please arrive early

MONDAY

Kick Start	6:30 am
BoxFit	11:30 am
Pilates Sculpt	12:30 pm
Gym Orientation*	2:00 pm
Spin & Sculpt*	5:30 pm

TUESDAY

Morning Warrior	6:00 am
Let It Flow Yoga	7:00 am
30 Min. Crunch Time	12:30 pm
Upper Body Blast	1:00 pm
Gym Orientation*	2:00 pm
VC Run Club	5:30 pm
Ladies That Lift	6:00 pm

WEDNESDAY

HIIT	6:00 am
Hatha Flow	7:00 am
Active Recovery	11:30 am
Gym Orientation*	2:00 pm
BoxFit	5:00 pm
Total Body Spin*	6:00 pm

THURSDAY

Morning Warrior	6:00 am
VC Run Club	7:00 am
Vinyasa Flow	7:00 am
Functional Athletics	11:30 am
30 Min. Crunch Time	12:30 pm
Lower Body Blast	1:00 pm
Gym Orientation*	2:00 pm
Spin Beats*	5:30 pm

FRIDAY

Cardio Conditioning	6:00 am
BoxFit	7:00 am
HIIT	11:30 am
Pilates Sculpt	12:30 pm
BoxFit	5:00 pm

SATURDAY

VC Run Club	8:30 am
Power Restore Yoga	9:30am

SUNDAY

90 Min. Flow Yoga	9:30 am
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**Space limited, call front desk the day before to register*

VC MASTER SWIM CLUB

Wednesdays & Fridays	7:45 am
<i>\$175. per 6 sessions, \$40. drop in</i>	
<i>Call front desk to register</i>	