



## COMPLIMENTARY FITNESS CLASSES

---

**Class size is limited, please arrive early**

### MONDAY

Kick Start	6:30 am
HIIT	11:30 am
Pilates Sculpt	12:30 pm
Gym Orientation*	2:00 pm
BoxFit	4:30 pm
Ladies That Lift	6:00 pm
Spin Beats*	6:30 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
Real Kettlebell Fitness	5:30 pm
VC Run Club	5:30 pm

### WEDNESDAY

Hatha Yoga	7:00 am
HIIT	11:30 am
Gym Orientation*	2:00 pm
Punch Power Hour - Women's Boxing	4:30 pm
Total Body Spin*	5:30 pm
Circuits	6:30 pm

### THURSDAY

Morning Warrior	6:00 am
Vinyasa Yoga	7:00 am
VC Run Club - <i>finishes Nov. 16</i>	7:00 am
Functional Athletics	11:30 am
Lower Body Blast	1:00 pm
Gym Orientation*	2:00 pm
Real Kettlebell Fitness	5:30 pm

### FRIDAY

Cardio Conditioning	6:00 am
Spin & Stretch*	7:00 am
HIIT	11:30 am
BoxFit	4:30 pm

### SATURDAY

Power Restore Yoga	9:30am
Detox Circuits	11:30am

### SUNDAY

90 Min. Flow Yoga	9:30 am
-------------------	---------

*\*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>	