

I Fitness Punch Card

Demo Class List

February 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|--|
| | | | 1 <u>CHE: 5:30pm Spinning</u> DEX: 9:15am Aqua Power | 2 <u>CHE: 8:30am Cardio Strength</u> DEX: 4:15pm Yoga | 3 <u>CHE: 5:30pm Pop-Up Class (Cardio Beats)</u> DEX: 8:30am Group Cycling | 4 DEX: 10:00am Zumba |
| 5 <u>CHE: 10:15am Yoga</u> | 6 <u>CHE: 11:30am Cardio Beats</u> DEX: 5:30pm Group Cycling | 7 <u>CHE: 6:30pm Pilates 4 UR Passion</u> DEX: 9:30am Yoga | 8 <u>CHE: 8:30am Barre</u> DEX: 5:00pm Aqua Power | 9 <u>CHE: 5:30pm Vinyasa Yoga</u> DEX: 8:30am NIA | 10 <u>CHE: 10:45am Aqua Blast</u> DEX: 11:00am Zumba | 11 <u>CHE: 9:45am BodyPump</u> |
| 12 DEX: 8:30am HIIT | 13 <u>CHE: 5:30pm Sivananda Yoga</u> DEX: 9:30am Zumba | 14 <u>FULL DAY GUEST PASS</u> | 15 <u>CHE: 5:30pm Aqua Power</u> DEX: 8:30am Group Cycling | 16 <u>CHE: 9:30am Cardio Strength and Stretch</u> DEX: 12:00pm Pilates Barre Fusion | 17 <u>CHE: 9:45am Foam Rolling</u> DEX: 5:30pm Pop-Up Class (Vinyasa Yoga) | 18 DEX: 9:30am Group Cycling |
| 19 <u>CHE: 9:00am Spinning</u> | 20 <u>CHE: 9:30am Seated Strength & Stability</u> DEX: 5:30pm Pilates Level I/II | 21 <u>CHE: 6:00pm BodyPump</u> DEX: 9:30am Group Cycling | 22 <u>CHE: 9:30am BodyPump</u> DEX: 6:30pm Vinyasa Yoga | 23 <u>CHE: 5:15pm Spinning</u> DEX: 9:30am Cardio Strength | 24 <u>CHE: 5:30pm Pop-Up Class (Vin Yin)</u> DEX: I  Cardio Dance Fitness Event 5:00pm at DWC | 25 <u>CHE: 10:45 Aqua Power</u> |
| 26 DEX: 9:30am Group Cycling | 27 <u>CHE: 5:30 pm Group Cycling</u> DEX: 9:45am Power Rest | 28 <u>CHE: 8:30 am Cardio Strength</u> DEX: 4:00pm Sivananda Yoga | | | | |