

JULY GROUP FITNESS SCHEDULE



MON TUE WED TH FR SAT SUN

**WELLNESS WALK
ON THE LINKS**
8:15 am-9:00am

**DEEP FLOW
YOGA**
9:00am-9:45am
The Fitness Center

MAX NRG
8:00am-8:45am
The Group Fitness
Room

**YOGA FOR
GOLFERS
&
SPORTS
PERFORMANCE**
5:00pm-5:50 pm
The Group Fitness
Room

CYCLING
9:00 am-9: 45am
The Group Fitness
Room

**DEEP FLOW
YOGA**
9:00am-9:45am
The Fitness Center

CYCLING
8:30am-9:15am
The Group Fitness
Room

**YOGA FOR
GOLFERS
&
SPORTS
PERFORMANCE**
5:00pm-5:50pm
The Group Fitness
Room

**CIRCUIT
TRAINING**
8:00am-8:45am
The Group Fitness
Room

**STRETCH
&
FLEXIBILITY**
9:00am-9:45am
The Group Fitness
Room

CYCLING
9:00am-9:45am
The Group Fitness
Room

**DEEP FLOW
YOGA**
10:00am-10:45am
The Fitness Center

CYCLING
9:00am-9:45am
The Group Fitness
Room

OUT-FIT **NRG**

Questions? Email us at nrg@out-fit.net