

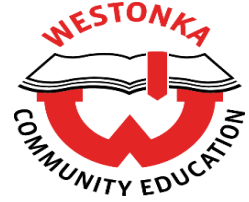


**WESTONKA
ACTIVITY CENTER**

October 3rd-16th

Group Fitness

*Class schedule subject to change based on attendance



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Bootcamp w/ Jen *45 min WAC Gymnasium		Bootcamp w/ Jen *45 min WAC Gymnasium			
6:30 AM					Bootcamp** w/ Jen *45 min WAC Gymnasium	
8:15 AM	Yoga Flow w/ Hannah *45 min Studio	TRX-All Level w/ Katie *1 hr Studio	Yoga Flow w/ Hannah *45 min Studio			Sunrise Yoga w/ Amy *45 min Studio
9:15AM	Barre w/ Hannah *45 min Studio		TRX HIIT w/ Hannah *45 min Studio			
4:30 PM				PowerFit w/ Sherry *1 hr Studio		
5:00 PM						
5:30 PM			Hatha Yoga w/ Victoria *45 min Studio			
6:00 PM		Yoga Flow w/ Victoria *45 min Studio				