



**ACTIVITY CENTER**

# August 1-16

## Group Fitness

\*Class schedule subject to change based on attendance



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM						
6:15 AM						
8:15 AM	Vinyasa Yoga w/ Rie *50 min Studio		Yoga w/ Rie *50 min Studio			Sunrise Yoga w/ Rie *50 min Studio
9:15AM						Yoga w/ Rie *50 min Studio
9:30 AM						
4:15 PM						
5:15PM						
5:30pm						
6pm						
6:30 PM						

\*\*All classes are located in the WAC Fitness Studio on the first floor unless otherwise noted