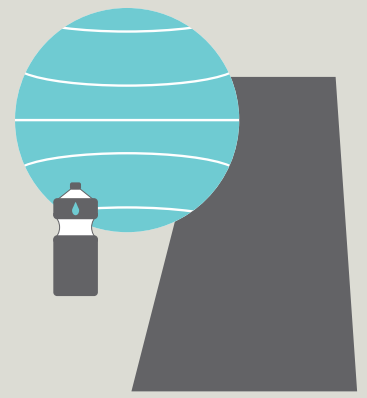


# February's Group Exercise Notes



## New

### Yoga Foundations

Heather Isbell is coming to the rescue! For all of those that would love to try but are nervous about not having a clue, she's bringing the solution. Her new "Yoga Foundations" class will provide instruction on correct alignment for various common postures and help you with conscious breathing principles for relaxation. You can expect a slower pace that will challenge but not overwhelm. While designed for beginners, all levels of practitioner are welcome. The class will be held on:

- Wednesdays: 5:15 - 6:10 pm (Heather I., Group Exercise Studio)

## Additions

### Hot Yoga

- Fridays, 9:15 - 10:25 am (Heather I., Barre Studio)

### Yoga (Vinyasa Flow)

- Tuesdays, 10:00 - 11:00 am (Tanisha, Barre Studio)

### PiYo

- Thursdays, 4:30 - 5:25 pm (Dena, Group Exercise Studio)

### Quick Shots

- Mondays and Wednesdays, 6:20 - 6:50 am (McKenzie, Barre Studio)

*(As a reminder, you must register for Quick Shots.)*

## Changes

- Wednesday's 5:15 pm Yoga is changing to Yoga Foundations (Heather I.)
- Tuesday's 9:45 am Sculpt will be held on the Gym Floor.

The following classes are being removed from the schedule:

- TurboKick: Wednesday, 6:30 pm
- Barre: Thursday, 9:30 am
- Zumba: Thursday, 4:30 pm