

HOLIDAY GROUP EX SCHEDULE

VAUGHAN, EOLA, PRISCO

MEMORIAL DAY • MONDAY, MAY 30

VAUGHAN *fitness center open 4:30 a.m. to 4 p.m.*

5:15 a.m. Chisel - Chrissa
5:15 a.m. Cycling - Ryan
7 a.m. Yoga Basics - Deb
8:30 a.m. Cycling - Ryan
9 a.m. Power Hour - Gera
10:30 a.m. Gentle Vinyasa Yoga - Rose

EOLA *fitness center open 5 a.m. to 4 p.m.*

8 a.m. Chisel - Thandeka
9:15 a.m. Step & Sculpt - Laura
10:30 a.m. Alignment-based Yoga - Lynda

PRISCO *fitness center open 5 a.m. to 4 p.m.*

9:30 a.m. Zumba - Charity