

## Cap Square Group X Class Schedule Phase 1 Summer 2020, starting May 26th

5\_23\_2020

### MONDAY

Time	Studio	Class	Instructor	Length
6:00am	GX	Phunctional X-Training	Cassidy	:45
5:15p	GX	WERQ	Melissa	:45

### TUESDAY

Time	Studio	Class	Instructor	Length
11:30a	GX	PINNtervals	Mel	:45

### WEDNESDAY

Time	Studio	Class	Instructor	Length
5:30p	GX	Phunctional X-Training	Eric	:45

### THURSDAY

Time	Studio	Class	Instructor	Length
12:20p	GX	Power Yoga	Deann	:45
5:15p	GX	30/20/10	Cassidy/Margaret	:60

For class descriptions, visit [www.phtfitness.com](http://www.phtfitness.com)

**C = Cycling Studio**  
**GX = Group Exercise Studio**

### FRIDAY

Time	Studio	Class	Instructor	Length
12:30p	GX	Yoga Flow	Deann	:45

### SATURDAY

Time	Studio	Class	Instructor	Length
9:00a	GX	BodyPump	Trina / Shelly	:60

#### Class Policies & Etiquette

- Please arrive to class on time
- Take necessary warm-up & cool down precautions if you must enter late or leave early.
- Do not enter the fitness studio if a class is still in session
- Bring a water bottle and towel to each class
- Wear comfortable workout attire including non-street fitness shoes
- Conversation should be kept to a minimum during class
- Please use the spray bottles to spray and clean/wipe down your equipment after class.
- Bring your own yoga mat from home, clean it before and after your workout with our supplied cleaning and sanitizing agents.
- Help to keep our studios clean by depositing all trash, workout towels, etc, in designated bins
- Bare-feet are not permitted in the studio unless attending mind/body class

\*All classes requiring advanced sign up thru Club Systems Member Mobile App

