

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1	Cap Square Group X Class Schedule Fall 2020, effective 10/1/2020															
2																
3																
4	MONDAY					SATURDAY										
5	Time	Studio	Class	Instructor	Length	Time	Studio	Class	Instructor	Length						
6																
7	6:00am	GX	Phunctional X-Training	Cassidy	:45	9:00am	GX	BodyPump	Trina / Keegan	:60						
8																
9	11:30am	GX	PHIIT	Jenna	:45											
10																
11	WEDNESDAY															
12	Time	Studio	Class	Instructor	Length											
13																
14	6:00am	GX	20/15/10	Elise	:45											
15																
16	11:30am	GX	PINntervals	Mel	:45											
17																
18	FRIDAY															
19	Time	Studio	Class	Instructor	Length											
20																
21	6:00am	GX	20/15/10	Elise	:45											
22																
23	11:30am	GX	Yoga Flow	Deann	:45											
24																
25																
26																
27																
28	For class descriptions, visit www.phfitness.com															
29																
30																
31																
32																
33	GX = Group Exercise Studio															
34																
35																
36																
37																
38																
39																

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

