


| Cap Square Group X Class Schedule Fall 2020, November 2020 | | | | | | | | | | |
|---|---------------|--------------|-------------------|---------------|---|---------------|--------------|-------------------|---------------|--|
| MONDAY | | | | | SATURDAY | | | | | |
| Time | Studio | Class | Instructor | Length | Time | Studio | Class | Instructor | Length | |
| 11:30am | GX | PHIT | Jenna | :45 | 9:00am | GX | BodyPump | Trina / Keegan | :60 | |
| WEDNESDAY | | | | | | | | | | |
| Time | Studio | Class | Instructor | Length | | | | | | |
| 11:30am | GX | PINIntervals | Mel | :45 | | | | | | |
| FRIDAY | | | | | | | | | | |
| Time | Studio | Class | Instructor | Length | | | | | | |
| 11:30am | GX | Yoga Flow | Deann | :45 | | | | | | |
| <p>For class descriptions, visit www.phfitness.com</p> | | | | | | | | | | |
| <p>GX = Group Exercise Studio</p> | | | | | <p>Class Policies & Etiquette</p> <ul style="list-style-type: none"> - Please wear a mask while in the Gym and in class - 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 | | | | | |
| <p>*All classes requiring advanced sign up thru Club Systems Member Mobile App</p> | | | | | | | | | | |
|  | | | | | | | | | | |