

## Capital Square Group X Class Schedule Effective September 1, 2021

### MONDAY

Time	Studio	Class	Instructor	Length
8:00am	GX	Functional Phitness	Virtual	:45
11:30am	GX	20/15/10	Evie	:45
5:00pm	GX	Barre	Virtual	:30

### TUESDAY

Time	Studio	Class	Instructor	Length
8:00am	GX	20/15/10	Virtual	:45
10:30am	GX	Yoga	Deann	:45
5:00pm	GX	Functional Phitness	Virtual	:45

### WEDNESDAY

Time	Studio	Class	Instructor	Length
8:00am	GX	Yoga	Virtual	:60
11:30am	GX	PINNtervals	Mel	:45
5:00pm	GX	20/15/10	Virtual	:45

### THURSDAY

Time	Studio	Class	Instructor	Length
8:00am	GX	PINNtervals	Virtual	:60
11:30am	GX	Barre	Virtual	:30
5:00pm	GX	Yoga	Virtual	:60

### FRIDAY

Time	Studio	Class	Instructor	Length
8:00am	GX	PHIT	Virtual	:60
10:30am	GX	TRX Stretch/Mobility	Evie	:45

GX = Group Exercise Studio, Virtual classes are viewed on the TV in the studio  
For class descriptions, visit [www.phfitness.com](http://www.phfitness.com)

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### SATURDAY

Time	Studio	Class	Instructor	Length
9:00am	GX	BodyPump	Trina / Keegan	:60

#### Class Policies & Etiquette:

- Sign up for class online using Club Systems My Mobile Member App
- Please wear a mask while inside the club and while in class
- Please arrive to class on time
- Bring a water bottle and towel to each class
- Wear comfortable workout attire including non-street fitness shoes
- Please clean your equipment after class is complete
- 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

