

Time	Studio	Class	Instructor	Duration
MONDAY				
8:30a	1	PINNtervals	Jaclyn/Mel	:60
9:45a	1	Functional Phitness	Mel/Heidi	:45
10:45a	1	Gentle Yoga	Meg	:60
5:30p	1	Yoga Flow	Meg	:45

Time	Studio	Class	Instructor	Duration
TUESDAY				
6:00a	1	BodyPump	Cori	:60
7:30a	1	Zumba/WERQ	Natalie/Naveen	:45
8:45a	1	Insanity	Kristin	:45
9:40a	1	Yoga Flow	Kristin	:45
12:00p	C	Cycling*	CJ	:60
5:30p	1	Straight Up Strength	Kelsey	:45
5:30p	2	WERQ	Melissa	:60

Time	Studio	Class	Instructor	Duration
WEDNESDAY				
8:30a	1	20/15/10	Heather	:45
9:30a	1	BodyPump	Kristin	:60
530p	2	Power Yoga	Heidi G.	:45
5:45p	1	BodyPump	Keegan	:45

Class Policies & Etiquette:

- 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.
- Class registration will be optional in the Club Systems My Member Mobile App; however, we encourage those who would like to continue to receive emails if there are last minute class cancelations, changes with the instructor, or modifications to the class format to continue to register for classes.* Sign up is **REQUIRED** for cycling.
- Classes are subject to change at any time. Class participation is tracked and classes that maintain less than an average of 8 people may be dropped and or changed.

Questions? email jaclyn.wilkinson@phfitness.com

Time	Studio	Class	Instructor	Duration
THURSDAY				
6:00a	2	TRX	Andrea	:45
8:30a	1	Straight Up Strength	Heather/Mel	:60
8:15a	C	Cycling*	Karl	:60
9:45a	1	Gentle Yoga	Karen	:60
5:15p	1	Mat Pilates	Chris	:60
5:30p	2	WERQ	Melissa/Morgan/Naveen	:60

Time	Studio	Class	Instructor	Duration
FRIDAY				
8:30a	1	PINNtervals	Jaclyn/Mel	:60
9:45a	1	Functional Phitness	Heidi/Lisa	:45

Time	Studio	Class	Instructor	Duration
SATURDAY				
8:00a	1	BodyPump	Cori/Lynette	:60
9:15a	1	20/15/10	Lynete/Kelsey	:45

Time	Studio	Class	Instructor	Duration
SUNDAY				
8:30a	1	HIIT	Eli/Cassidy	:45
9:30a	1	Power Yoga	Bridget	:45

1 = STUDIO 1 w/ live stream to studio 2-**except M/T/W/Th PM classes**

2 = STUDIO 2 only

C = Cycling Studio *Sign up is **REQUIRED** in the Club Systems My Member Mobile App for Cycling. If you sign up and cannot make it please cancel your spot so that another member can get a bike.

As a result of the mask mandate expiring we ask that you respect everyone's choice regarding wearing a mask or not.

Effective March 1, 2022, we will no longer be requiring members and staff to wear a mask.

Effective May 1, 2022 Studio 2 will be a MASK OPTIONAL studio.

For class descriptions please visit our website www.phfitness.com