

Capital Square Group X Class Schedule 2023

Time	Studio	Class	Instructor	Duration
MONDAY				
8:30a	GX	Functional Phitness	Virtual	:45
11:30a	GX	20/15/10	Barb	:45
5:00p	GX	Barre	Virtual	:30

Time	Studio	Class	Instructor	Duration
TUESDAY				
8:30a	GX	20/15/10	Virtual	:45
10:30a	GX	Yoga Flow	Virtual	:60
11:30a	GX	Functional Phitness	Virtual	:45
5:00p	GX	Mat Pilates	Mel L.	:45

Time	Studio	Class	Instructor	Duration
WEDNESDAY				
8:30a	GX	Yoga Flow	Virtual	:60
11:30a	GX	PINNtervals	Mel	:45
5:00p	GX	20/15/10	Virtual	:45

Time	Studio	Class	Instructor	Duration
THURSDAY				
8:30a	GX	PINNtervals	Virtual	:60
11:30a	GX	Strength	Adam	:45
5:00p	GX	Vinyasa Yoga (starts 10/26)	Amy	:45

Time	Studio	Class	Instructor	Duration
FRIDAY				
8:30a	1	PHIIT	Virtual	:60
11:30a	1	★TRX Stretch/Mobility	Mel L.	:45

Time	Studio	Class	Instructor	Duration
SATURDAY				
9:00a	1	Straight Up Strength	Trina / Keegan	:60

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; 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 for TRX required**

★ = Sign up is REQUIRED in the Club Systems My Member Mobile App

GX = Group Exercise Studio

Virtual = classes are viewed on the TV in the studio

