

Time	Studio	Class	Instructor	Duration
MONDAY				
6:00a	2	★TRX Core	Andrea	:45
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	Strength and Stretch	Cori	:60
5:30p	2	Yoga Flow	Meg	:45
TUESDAY				
6:00a	1	★BodyPump	Cori	:60
7:30a	1	Zumba/WERQ	Naveen	:45
8:30a	1	Insanity	Kristin	:45
9:30a	1	Yoga Flow	Heather	:45
12:00p	C	★Cycling	CJ	:60
5:30p	1	Straight Up Strength	Kelsey	:45
5:30p	2	WERQ	Melissa/Morgan/Naveen	:60
WEDNESDAY				
5:30a	1	★Insanity (trial)	Kristin	:45
8:30a	1	20/15/10	Heather	:45
9:30a	1	BodyPump	Mel L.	:60
9:30a	2	Body Strength + Stretch	Heather	:60
5:30p	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 is requested in the Club Systems My Member Mobile App; 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, TRX and all 5:30/6a classes**
- 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 Tabata	Andrea	:45
8:30a	C	★Cycling	Karl	:45
8:30a	1	Straight Up Strength	Heather/Mel	:60
9:45a	1	Gentle Yoga	Karen	:60
5:15p	1	Mat Pilates	Chris	:60
5:30p	2	WERQ	Melissa/Morgan/Naveen	:60
FRIDAY				
8:30a	1	PINNtervals	Jaclyn/Mel	:60
9:45a	1	Functional Phitness	Heidi/Lisa	:45
SATURDAY				
8:00a	1	BodyPump	Rachel	:60
8:00a	C	★Cycling	Couba	:60
9:15a	1	20/15/10	Couba/Kelsey	:45
SUNDAY				
8:30a	1	HIIT	Zach/Petra	:45
9:30a	1	Power Yoga	Shandra	:45
9:30a	2	Zumba	Naveen	:60

1 = STUDIO 1 w/ live stream to studio 2 -**EXCEPT PM classes and Wednesday 9:30 am class.** ★ Sign up is **REQUIRED** in the Club Systems My Member Mobile App for all 5:30/6a classes

2 = STUDIO 2 only ★ Sign up is **REQUIRED** in the Club Systems My Member Mobile App for TRX. If you sign up and cannot make it please cancel your spot so another member can get a spot.

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 another member can get a bike.

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

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