

FITNESS CLASS SCHEDULE (EST)

JOIN US ONLINE!

COMPLIMENTARY FITNESS CLASSES

yoga

MONDAY - 7:00PM

[CLICK HERE TO JOIN THE CLASS ON ZOOM](#)

MONDAY - 9:30PM

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WEDNESDAY - 6:00PM

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THURSDAY - 5:30PM

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THURSDAY - 9:30PM

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FRIDAY - 9:00AM

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MONDAY - 9:00AM

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WEDNESDAY - 7:00PM

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TUESDAY - 5:30PM

[CLICK HERE TO JOIN THE CLASS ON ZOOM](#)

FRIDAY - 8:00AM

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MONDAY - 7:00PM

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ZOOM CLASS
PASSWORD

TFLFIT

WEDNESDAY - 9:30PM

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TO GET THE MOST OUT OF YOUR
WORKOUT, YOU MAY WANT TO BRING:

- WATER BOTTLE
- APPROPRIATE & COMFORTABLE ATTIRE
- YOGA MAT
- TOWEL
- ANKLE/WRIST WEIGHTS AND/OR LIGHT DUMB BELLS IF YOU WANT AN EXTRA CHALLENGE

WEDNESDAY - 10:15AM

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stretch
& tone



live better.
STAY FIT.
enjoy life.

