GroupEx Studio Regular Schedule (Sept 18th – Dec 17th)

	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
9:15 AM	SPIN-FIT Julie K	YOGA Flow Anna P	SPIN-FIT Julie K	YOGA Flow Anna P			
5:15 PM	YOGA Recharge Kim M	SPIN-FIT Nikki T	YOGA Recharge Kim M	SPIN-FIT Nikki T			
6:30 PM	YOGA Recovery Kim M	YOGA Flow Jazmine F	YOGA Recovery Jazmine F	YOGA Flow Jazmine F			

Fall Seasonal Series (Oct 10th – Dec 17th)

Monday	Tues	Wednesday	Thurs	Fri	Sat	Sun
Winter Seasonal Classes begin Tuesday, October 10th						

- ➤ **Spin-FIT**: Half Cardio Cycle **+** Half **F**unctional **I**nterval **T**raining featuring Olympic lifting station, dumbbells, kettlebells, TRX, step boxes, bands, balls and body-weight exercises.
- ➤ **Yoga Flow**: Relaxing and harmonious with traditional yoga postures and sequences; Hatha-Flow elements.
- ➤ **Yoga Recovery**: Deep release stretches targeting tissue and fascia release w/ lots of props; Yin-Restorative elements.
- ➤ **Yoga Recharge**: Uplifting movement with strength and balance postures, Vinyasa-Ashtanga elements

INCLUDED WITH YOUR MEMBERSHIP

YOGAPANELS
INFRARED CEILING HEATERS

Registration Info:

- ✓ **Online Registration** begins at 7:30AM the DAY BEFORE the class
- ✓ Registration is *online* thru **evolutionfernie.com** *OR* thru **In-Charge Life** App
- ✓ Classes are 1-hour duration. 15-minute break between classes for cleaning and participant changeover.
- ✓ Arrive **10 minutes prior to class start time**. Late arrivals will be denied entry.
- ✓ Scan-in or check-in with Front Desk upon arrival
- ✓ Class participant size is limited to: **Spin-FIT: 10   Yoga: 14**
- ✓ **No-show's** and **Last-Minute Cancellations** *(Under 2-hours to st art time)* are charged a $5 No-Show Fee.
- ✓ Studio Yoga mats available for use, you are encouraged to bring your own mat; All Yoga Props provided
- ✓ Yoga classes feature ceiling mounted *Yoga Panels*® **Infrared heaters** for a deep, gentle warmth
- ✓ Schedule or Instructor may change at any time, please see online calendar for weekly availability