



FREE WORKOUT CLASS SCHEDULE

ENJOY FREE OUTDOOR WORKOUTS FROM
SEPTEMBER 7 – SEPTEMBER 11

| TIME | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|---|---|---|---|
| 6:00 AM | | WRECK HIIT DAVID MCCARTHY AT THE FIT COURT | | WRECK HIIT DAVID MCCARTHY AT THE FIT COURT | |
| 9:00 AM | 75 MINUTE FUNCTIONAL YOGA SCULPT MARY CUNNINGHAM AT CHILDWATCH TURF AREA | PEAK JEFF SMITH AT REC TURF FIELD | 75 MINUTE FUNCTIONAL YOGA SCULPT MARY CUNNINGHAM AT CHILDWATCH TURF AREA | PEAK JEFF SMITH AT REC TURF FIELD | 75 MINUTE FUNCTIONAL YOGA SCULPT MARY CUNNINGHAM AT CHILDWATCH TURF AREA |
| 5:30 PM | | 75 MINUTE FUNCTIONAL YOGA SCULPT MARY CUNNINGHAM AT CHILDWATCH TURF AREA | | | |



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