

EAGLE CREEK ATHLETIC CLUB

SUN

MON

TUE

WED

THU

FRI

SAT

ALL LEVELS YOGA
10: 00a-11: 15a

VINYASA YOGA
8: 30a-9: 45a

BOOTCAMP
5: 15p-6: 00p

ZUMBA
6: 30p-7: 30p

TOTAL BODY
5: 30p-6: 15p

MAT PILATES
6: 30p-7: 30p

BOOTCAMP
5: 30p-6: 15p

ZUMBA
6: 30p-7: 30p

TOTAL BODY
5: 30p-6: 15p

CIRCL MOBILITY
6: 30p-7: 00p

POUND ROCKOUT
7: 00p-8: 00p

SLOW FLOW YOGA
10: 00a-11: 15a

POUND UNPLUGGED
5: 30p-6: 30p

'HIIT' IT
8: 15a-9: 00a

TOTAL BODY
9: 15a-10: 00a

**Group Fitness
Schedule**

Please see mindbody
for weekly updates

EAGLE CREEK ATHLETIC CLUB

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

VINYASA YOGA
8:30-9:45 AM

"HIIT"
8:15-9:00AM

ALL LEVELS YOGA
10:00-11:15 AM

SLOW FLOW YOGA
10:00-11:15 AM

"HIIT"
9:15-10:00 AM

BOOTCAMP
5:15-6:00 PM

TOTAL BODY
5:30-6:15 PM

BOOTCAMP
5:30-6:15 PM

BASIC STR
5:30-6:15 PM

POUND UNPLUGGED
5:30-6:30 PM

ZUMBA
6:30-7:30 PM

MAT PILATES
6:30-7:30 PM

ZUMBA
6:30-7:30 PM

CIRCL MOBILITY
6:30-7:00 PM

POUND ROCKOUT
7:00-8:00 PM

Group Fitness Schedule

Please see *Mindbody*
for weekly updates