



Group Class Schedule:

July 1st – July 31st

Classes in BE parking lot – 8:30am.

Bring: Beach towel (for under mat), Water, Yoga Mat & Dumbbells (gym has equipment you may borrow)

Monday: Muscle & Core – Rich

Tuesday: Barre – Teri

Wednesday: Pilates – Marjorie Anne

Thursday: Barre – Teri

Friday: Pilates – Marjorie Anne

M/W/F classes may come inside if it's raining,
however T/TH classes would be cancelled.

YOGA

Inside - Monday & Wednesday 10am

with Suzy (11 people max – sign up available)