

WEEKLY FITNESS SCHEDULE

September 23-29 2019

Monday, September 23

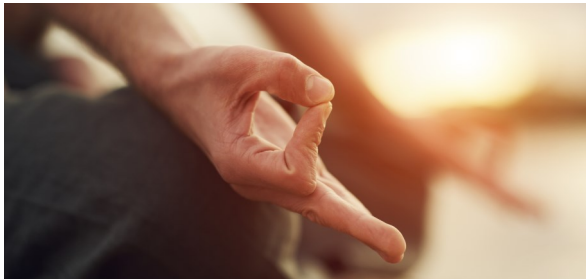
- 9:00 AM **Cardio Mash-Up \$20/person**
Description: *Cardio, weights, fun, and done! Total body workout.*
Location: *Woodlands Spa*
- 10:00 AM **Yoga Sculpt \$20/person**
Description: *Fitness based postures to tone and strengthen*
Location: *Woodlands Spa*

Tuesday, September 24

- 9:00 AM **Tabata Intro \$20/person**
Description: *A version of HIIT. All out cardio intervals.*
Location: *Woodlands Spa*
- 10:00 AM **Core Strength \$20/person**
Description: *Improve posture, flexibility, and endurance.*
Location: *Woodlands Spa*

Wednesday, September 25

NO CLASSES



Thursday, September 26

- 9:00 AM **Fitness Art Walk \$20/person**
Description: *Moderate Pace. Brief insight on 15-20 sculptures. Weather Permitting.*
Location: *Meet at Woodlands Spa*
- 2:00 PM **Essential Oils \$20/person**
Description: *Learn the basics and create your own.*
Location: *Holistic Healing Center*

Friday, September 27

- 9:00 AM **Cardio Mash-Up \$20/person**
Description: *Cardio, weights, fun, and done! Total body workout.*
Location: *Woodlands Spa*
- 10:00 AM **TGIF Stretch \$20/person**
Description: *Traditional Stretches with a touch of yoga.*
Location: *Woodlands Spa*
- 1:00 PM **Afternoon Unwind \$20/person**
Description: *A combination of aroma and sound therapy, chair yoga and meditation*
Location: *Holistic Healing Center*

Saturday, September 28

- 9:00 AM **Tabata Intro \$20/person**
Description: *A version of HIIT. All out cardio intervals.*
Location: *Woodlands Spa*
- 10:00 AM **Warm Yoga \$20/person**
Description: *Slow flow / studio 84 degrees*
Location: *Woodlands Spa*

Sunday, September 29

NO CLASSES

