

**HEARTH  
STONE**

**HEALTH +  
FITNESS**

# Group Ex

group exercise class schedule

## MONDAY

**BARBELL w/ BEN**  
6:15-7:00am  
w/ Ben

**GET FIT**  
6:30-7:15am  
w/ Jannie

**YOGA**  
8:00-8:45am  
w/ Kara

**GET FIT**  
9:30-10:15am  
w/ Jenn

**FITOVER50**  
10:30-11:15am  
w/ Jenn

**STRETCH**  
11:30-12:15pm  
w/ Vince

**SPINFIT**  
5:15-6:00pm  
w/ Diana

## TUESDAY

**SPIN**  
5:15-6:00am  
w/ Diana

**POWERPUMP**  
6:30-7:15am  
w/ Jannie

**TAI-CHI**  
9:00-9:45am  
w/ Nathan

**LUNCH BOX**  
12:00-12:45pm  
w/ Beth

## WEDNESDAY

**BARBELL w/ BEN**  
6:15-7:00am  
w/ Ben

**SPINFIT**  
6:30-7:15am  
w/ Jannie

**GET FIT**  
9:30-10:15am  
w/ Jenn

**FITOVER50**  
10:30-11:15am  
w/ Jenn

**STRETCH**  
11:30-12:15pm  
w/ Vince

**SPIN**  
5:15-6:00pm  
w/ Diana

## THURSDAY

**SPIN**  
5:15-6:00am  
w/ Adele

**POWERPUMP**  
6:30-7:15am  
w/ Jannie

**TAI-CHI**  
9:00-9:45am  
w/ Nathan

**LUNCH BOX**  
12:00-12:45pm  
w/ Beth

**KIDFIT GOLF**  
4:00-5:00pm  
w/ Dan

## FRIDAY

**GET FIT**  
6:30-7:15am  
w/ Jannie

**YOGA**  
8:00-8:45am  
w/ Kara

**MAT PILATES**  
10:30-11:15am  
w/ Jenn

**STRETCH**  
11:30-12:15pm  
w/ Vince

## SATURDAY

**SPIN**  
8:00-8:45am  
w/ Regina

**BOOTCAMP**  
9:15-10:00am  
w/ Megan Spence

## SUNDAY

**GENTLE YOGA**  
9:00-9:45am  
w/ Laura

**Sign ups for all Group Ex classes will continue through the Mindbody App to allow our staff to better monitor and service our classes being conducted outdoors or in Bay B.**

**All classes will be conducted either outside or in Bay B next to the golf entrance.**