

River Road Class Schedule **SUMMIT** ATHLETIC CLUB

Temporary Location Changes - Wed, April 20th - Wed, May 4th

MAIN GYM CLASSES TEMPORARY LOCATION CHANGE

	Monday 4/18	Tuesday 4/19	Wednesday 4/20	Thursday 4/21	Friday 4/22	Saturday 4/23
5:30am	All classes will be held per regular schedule until Wed 4/20 at 9am.		Zumba Toning @ River - Main Gym			
7:15am			Healthy Posture @ River - Main Gym		Healthy Posture @ Bluff - Dance Studio	
8:30am			Zone Canceled		Zone Canceled	8:30am Healthy Posture canceled; offered at 12pm @Bluff - Yoga Studio
9:35am			Group Power @ River - Turf	Zone Canceled	Group Power @ River - Turf	Group Power @ River - Turf
10:30am				Silver Fit Canceled		
12:00pm			Healthy Posture @ Bluff - Yoga Studio		Healthy Posture @ Bluff - Yoga Studio	Healthy Posture @ Bluff - Yoga Studio
5:30pm				Group Power @ River - Turf		
7:40pm						

MAIN GYM CLASSES TEMPORARY LOCATION CHANGE

	Monday 4/25	Tuesday 4/26	Wednesday 4/27	Thursday 4/28	Friday 4/29	Saturday 4/30
5:30am	Zumba Toning @ Bluff - Dance Studio		Zumba Toning @ Bluff - Dance Studio			
7:15am	Healthy Posture @ Bluff - Dance Studio		Healthy Posture @ Bluff - Dance Studio		Healthy Posture @ Bluff - Dance Studio	
8:30am	Zone Canceled		Zone Canceled		Zone Canceled	8:30am Healthy Posture canceled; offered at 12pm @Bluff - Yoga Studio
9:35am	Group Power @ River - Turf	Zone Canceled	Group Power @ River - Turf	Zone Canceled	Group Power @ River - Turf	Group Power @ River - Turf
10:30am		Silver Fit Canceled		Silver Fit Canceled		
12:00pm	Healthy Posture @ Bluff - Yoga Studio		Healthy Posture @ Bluff - Yoga Studio		Healthy Posture @ Bluff - Yoga Studio	Healthy Posture @ Bluff - Yoga Studio
5:30pm		Group Power @ River - Turf		Group Power @ River - Turf		
7:40pm	High Fitness Canceled					

MAIN GYM CLASSES TEMPORARY LOCATION CHANGE

	Monday 5/2	Tuesday 5/3	Wednesday 5/4	Thursday 5/5	Friday 5/6	Saturday 5/7
5:30am	Zumba Toning @ Bluff - Dance Studio		Zumba Toning @ Bluff - Dance Studio	All regularly classes scheduled in the Main Gym will resume beginning Thursday, May 5th.		
7:15am	Healthy Posture @ Bluff - Dance Studio		Healthy Posture @ Bluff - Dance Studio			
8:30am	Zone Canceled		Zone Canceled			
9:35am	Group Power @ River - Turf	Zone Canceled	Group Power @ River - Turf			
10:30am		Silver Fit Canceled				
12:00pm	Healthy Posture @ Bluff - Yoga Studio		Healthy Posture @ Bluff - Yoga Studio			
5:30pm		Group Power @ River - Turf				
7:40pm	High Fitness Canceled					