

CLASS TIMES

Monday

9 am **high intensity**
10:30 am **modified/chair**
11:45 am **modified/chair**
1 pm **standard**

Tuesday

11 am **standard**
1 pm **workshop**
5 pm **high intensity**

Wednesday

9 am **high intensity**
10:30am **modified/chair**
11:45 am **modified/chair**
1 pm **standard**

Thursday

11 am **standard**
1 pm **workshop**
5 pm **high intensity**

Friday

9 am **high intensity**
1 pm **standard**

If you should have any questions on which class is appropriate for you, please speak with Rachael Carter, Program Director.

RED - High intensity class with faster pacing, advanced exercises, longer rounds, shorter breaks, modifiable.

GREEN - Standard class with moderate to high intensity, moderate pacing, exercises with options of advanced or modified, moderate round lengths, modifications & advanced options shown for most exercises or upon request.

BLUE - Modified/Chair class with low to moderate intensity, adjusted pacing and rounds, exercises are seated to assist with balance, gait, breath work and core work while still being modifiable, bringing a corner-man is encouraged.

Teal - Workshop, requires enrollment.

