



GROUP FITNESS CLASSES

AT THE DISC!

Full-Facility DISC Members - FREE

Drop-in: \$8

Forever Fit & Chair Yoga: \$3



Indoor, Outdoor, or Online
We've got you covered!

Monday

Sunrise Spin	6:00 - 6:45 a.m.
Forever Fit	8:00 - 8:45 a.m.
Yoga Sculpt	9:00 - 9:45 a.m.
Total Body Workout	4:30 - 5:15 p.m.
TRX	5:30 - 6:15 p.m.
Pure Yoga	6:30 - 7:30 p.m.

Tuesday

Tabata Bootcamp	6:00 - 6:45 a.m.
Chair Yoga	8:30 - 9:15 a.m.
Body Sculpting	9:30 - 10:00 a.m.
Boot Camp	4:30 - 5:15 p.m.
Raise the Bar	5:30 - 6:15 p.m.
Zumba	6:30 - 7:15 p.m.

Wednesday

Spin Chaos	6:00 - 6:45 a.m.
Forever Fit	8:00 - 8:45 a.m.
Yoga Sculpt	9:00 - 9:45 a.m.
Total Body Workout	4:30 - 5:15 p.m.
TRX	5:30 - 6:15 p.m.
Pure Yoga	6:30 - 7:30 p.m.

Thursday

Rock N' Row	6:00 - 6:30 a.m.
Chair Yoga	8:30 - 9:15 a.m.
Body Sculpting	9:30 - 10:00 a.m.
Tabata Bootcamp	4:30 - 5:15 p.m.
POUND	5:30 - 6:15 p.m.
Zumba	6:30 - 7:15 p.m.

Friday

Forever Fit	8:00 - 8:45 a.m.
Yoga Sculpt	9:00 - 9:45 a.m.
Friday Night Frenzy	5:00 - 5:30 p.m.

Saturday

Fitness Showcase	9:00 - 9:45 a.m.
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Live Online Fitness

10 a.m. Tribe	M/W/F	10:00 - 10:45am
Chair Yoga	T/TH	8:00 - 9:00 a.m.
Zumba	T/TH	6:30 - 7:15 p.m.