



Club Topnotch

Winter 2024 Fitness Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	SUNDAY
8:00 AM	Rise & ShineYoga Barb						Rise & ShineYoga Barb	
9:00 AM	Lower Body Tone and Burn Tammy	Indoor Bootcamp Tammy	Interval Core Donna			Interval Core Donna	Pilates Stretch Donna	Pilates for Skiers/Riders Donna
10:00 AM	Upper Body & Abs Tone Zone Tammy	Calming Stretch Tammy	Pilates Stretch Donna	Head to Toe Training Tammy		Restorative Yoga Heather	Pilates for Skiers/Riders Donna	Reformer Pilates** Donna
11:00 AM	Athletic Stretch Tammy	Aqua Fusion Tristan	Aqua Fusion Gianna	Feel Good Flexibility Tammy	Aqua Fusion Tristan	Aqua Fusion Gianna	Chair Yoga Gianna	
12:00 PM	Restorative Yoga Heather			Let's Move Yoga Barb		Reformer Pilates** Donna		
1:00 PM		Intro to Strength Training Tristan						
2:00 PM			Vinyasa, Core, & Fun flow Cloe	Restorative Yoga Heather				
3:00 PM		Fitness Kickboxing Tristan	Gentle-Vinyasa: Focus on Restorative Cloe					
4:00 PM		Nia! (Non-Impact Aerobics) Sake						
5:00 PM				Dharma Yoga (80min) Gianna		Nia! (Non-Impact Aerobics) Sake		

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*Sign up required \$15/class **\$25/Allegro class (\$15 Allegro Pilates for Members)
Package of 10 available for \$120