



flexibility | strength | balance

MONDAY

9:30-10:25am **REACH**
Jessica

5:00-5:55pm **REACH**
Corie

THURSDAY

6:45-7:40am **REACH PLUS**
Corie

10:00-10:55am **REACH**
Jessica

TUESDAY

5:30-6:25am **REACH PLUS**
Lisa D.

FRIDAY

6:00-6:55am **REACH PLUS**
Corie

9:00-9:55am **REACH PLUS**
Karen

WEDNESDAY

6:00-6:55am **REACH PLUS**
Karen

10:30-11:25am **REACH**
Karen

5:00-5:55pm **REACH**
Karen

KEY

NEW INSTRUCTOR

NEW TIME

NEW CLASS

NEW FORMAT

REACH 10-packs available for \$110, or Drop-in for \$15. Please reserve spot online. Effective 1/15/23

Updated 1.23.24

