



flexibility | strength | balance

MONDAY

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

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

THURSDAY

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

TUESDAY

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

5:00-5:55pm **REACH Reformer**
Gail

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

SATURDAY

9:00-9:55 am **REACH Reformer**
Kelly

KEY

NEW INSTRUCTOR

NEW TIME

NEW CLASS

NEW FORMAT

REACH 10-packss: \$110

Single Drop In : \$15

Please reserve spot online

