

HUNT FITNESS CENTER GROUP EXERCISE

MONDAY

12PM - Yoga w/ Melissa - MP1

5:30PM - Zumba Toning w/ Rolanda - MP1

6PM - Bootcamp w/ Melanie - MP2



TUESDAY

9AM - Recovery & Rest w/ Liz - MP2

6PM - Yoga w/ Laurie - MP1

WEDNESDAY

9AM - Pilates w/ Liz - MP2

10AM - Get Pumped w/ Liz - MP2

12PM - Yoga w/ Melissa - MP1

5:30PM - Zumba w/ Rolanda - MP1

6PM - Bootcamp w/ Tiffany - MP2

CLASS INFORMATION

- MEMBERSHIP OR DAYPASS REQUIRED TO ATTEND
- SCHEDULE SUBJECT TO CHANGE
- **CLOSED 11/11 & 11/24**
- **NO CLASSES 11/23 AFTER 1PM**
- **NO CLASSES 11/24, 11/25, & 11/26**

THURSDAY

9AM - Yoga w/ Liz - MP2

10AM - Bodyweight Tobata w/ Liz - MP2

6PM - Bootcamp w/ Melanie - MP2

7PM - Yoga w/ Laurie - MP1



FRIDAY

9AM - Barre/Pilates w/ Michelle - MP1

10AM - Yoga w/ Michelle - MP1



**HOLLY
SPRINGS**
Parks & Recreation