

HUNT FITNESS CENTER GROUP EXERCISE

OCTOBER

MONDAY

12PM - Yoga w/ Melissa - MP1
6PM - Bootcamp w/ Melanie - MP2

TUESDAY

6PM - Yoga w/ Laurie - MP1

WEDNESDAY

9AM - Yoga w/ Liz - MP2
10AM - Get Pumped w/ Liz - MP2
12PM - Yoga w/ Melissa - MP1
6PM - Bootcamp w/ Tiffany - MP2
6:30PM - Zumba w/ Rolanda - MP1

THURSDAY

8AM - Outdoor Yoga w/ Michelle - Womble Pond
9AM - Pilates w/ Liz - MP2
10AM - Bodyweight Tobata w/ Liz - MP2
6PM - Bootcamp w/ Melanie - MP2
7PM - Yoga w/ Laurie - MP1

SATURDAY

9AM - Hip Hop Yoga w/ Kat - MP1
10AM - Zumba w/ Rolanda - MP2



CLASS INFORMATION

- **FACEMASKS ARE REQUIRED AT ALL TIMES IN THE HUNT CENTER AND DURING CLASS**
- **MEMBERSHIP OR DAYPASS REQUIRED TO ATTEND**
- **SCHEDULE SUBJECT TO CHANGE**
- **COMING IN NOVEMBER: MEDITATION - FRIDAYS @ 12PM**



**HOLLY
SPRINGS**
Parks & Recreation