

OUTDOOR

SUMMER CLASS SCHEDULE



JOIN US all summer long for an incredible lineup of outdoor Group Exercise classes on the MPHC Sundeck.*

JUNE 17:	7:00 am - 8:00 am	Kundalini Yoga (w/ Malorie)
JUNE 24:	9:30 am - 10:30am	Pilates (w/ Raven)
JULY 01:	5:00 pm - 6:00 pm	Zumba (w/ Don)
JULY 08:	6:00 pm - 7:00 pm	Pilates (w/ Cassie)
JULY 15:	7:00 pm - 7:45 pm	MetCon (w/ Ryan)
JULY 23:	10:30 am - 11:45 am	Yoga (w/ Lisa)
AUG 07:	9:45 am - 10:45 am	Pilates/ Ring (w/ Che)
AUG 15:	12:00 pm - 1:00 pm	Power Rush (w/ Shannon)
AUG 22:	6:00 pm - 7:00 pm	Pilates (w/ Stephanie)

**All classes are held on the sundeck weather permitting.*



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