



Open House Free Class/Presentation Schedule

Time	Group X Studio
8:00 – 8:25	Trainer Spotlight/BOSU – Zach
8:30 – 8:55	Tai Chi Chih – Donna McElhose
8:30 – 8:55	Indoor Cycling – Sharon
9:00 – 9:25	Envision Health Chiropractic – Dr. Kim & Dr. Brandon
9:30 – 9:55	Yoga – Don Bae
9:30 – 9:55	Indoor Cycling – Sharon
10:00 – 10:25	Crystal Bowl Meditation – Marian McNair
10:30 – 10:55	Presentation – Autumn Leaves Memory Care/Assisted Living
10:30 – 10:55	Indoor Cycling - Sharon
11:00 – 11:25	Meditation & Self-Healing – Petra
11:30 – 11:55	Power Yoga – Anne Kiesling