

GROUP FITNESS CLASS SCHEDULE

SEPTEMBER TO NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:15PM	CYCLE & CORE WITH CRISS 45MIN	HIIT WITH CRISS 45MIN	PILATES WITH CRISS 45MIN	FULL BODY CONDITIONING WITH SETAREH 45MIN	YOGA WITH CRISS 45MIN
1:00PM		ACTIVE RECOVERY WITH SETAREH 30MIN		CYCLE WITH CRISS 30MIN	
4:30PM		CIRCUIT WITH SETAREH 45MIN	HIIT & CORE WITH CRISS 45MIN		

Reserve your
spot via
Wellness
Living



MISSED A CLASS?

DON'T WORRY, WE HAVE YOU
COVERED WITH A PELOTON
LOCATED IN OUR VIRTUAL
CYCLE STUDIO! NO SIGN UP
NECESSARY

For more information contact us
at sfcfitness@livnorth.com

Classes and Instructors are subject to change