



# GROUP FITNESS CLASSES

March 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>8:45am <b>Dance Fitness</b> with Mandy (45min) <i>(March 2 &amp; 30)</i></p>	<p>7:00am <b>TYE4 Golf</b> (60min) with Ashley <b>R.S.V.P. Required</b></p>	<p>8:00am <b>TYE4</b> (60min) with Ashley <b>R.S.V.P. Required</b></p>	<p>9:00am <b>Yoga Therapy</b> (60min) with Kate</p>	<p>8:00am <b>TRX</b> (60min) with Sandy/Annie</p>	
<p>8:30am <b>Cardio Kick</b> with Sandy (60min) <i>(March 9, 16 &amp; 23)</i></p>	<p>8:15am <b>TRX Circuit</b> (60min) with Sandy/Annie</p>			<p>9:30am <b>TYE4</b> (60min) with Ashley <b>R.S.V.P. Required</b></p>	
<p>9:45am <b>Yoga Therapy</b> (60min) with Kate</p>				<p><i>* If you have any concerns as to which classes are suitable for you, please contact Kim Whittaker.</i></p>	

1-7 classes: \$20 per class / 8 or more classes: \$15 per class  
For reservations, email Kim Whittaker: [kwhittaker@groveliving.com](mailto:kwhittaker@groveliving.com)