



# RED HAWK

## SWIM & FITNESS

### FITNESS CLASSES IN STUDIO 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Spin and Sculpt <i>Sylvia</i>		Spin and Sculpt <i>Sylvia</i>			
7:00am							Spin <i>Gloria</i>
7:30am	Restorative Yoga <i>Alheli</i>					Spin <i>Sylvia</i>	
8:30am	Hatha Vinyasa Yoga <i>Alheli</i>	Seniors Strength <i>Sandi</i> (8:15am)		Seniors Strength <i>Sandi</i> (8:15am)		Seniors Strength <i>Sandi</i> (8:30am)	
9:15am		Seniors TRX <i>Jamie</i>		Seniors TRX <i>Jamie</i>			
9:30am					Hatha Vinyasa Yoga <i>Robin</i>		
10:00am	Low Impact Cardio & Strength <i>Megan</i>					Zumba <i>Korine</i>	
10:30am		Gentle Yoga <i>Carole</i>		Gentle Yoga <i>Carole</i>			
11:00am					Low Impact Cardio & Strength <i>Megan</i>		
11:30am							
4:00pm					Spin <i>Gloria</i>		
5:00pm	Hatha Vinyasa Yoga <i>Robin</i>	Spin <i>Gloria</i>	Hatha Vinyasa Yoga <i>Robin</i>	Spin <i>Gloria</i> (5:30pm)			

**No call/no shows will result in a \$15 fee.**

Please call if you will be more than 5 minutes late. Be advised that your reformer may be given to another member if you have not informed the Swim & Fitness department you will be late. Reformer Pilates classes are for Unlimited Pilates members and Pilates Punch Card holders only. Drop-In fee is \$15!

**Cancellations must be made 3 hours in advance to avoid a \$15 charge.**

To reserve a spot in class, Visit our MINDBODY APP

Located at 6225 North Wingfield Parkway, Sparks NV 89436