











ONION CREEK CLUB GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit 60  6:00 AM	Sunrise Vinyasa  6:00AM	Circuit 60  6:00 AM	Yoga Sweat  6:00AM	Circuit 60  6:00 AM		Circuit 60  9:00 AM
Strength & Balance 8:00AM	Chair Challenge  9:00 AM	Strength & Balance 8:00 AM	Hatha Flow  6:00PM	Chair Challenge  9:00 AM		
Strength & Balance 9:00 AM	Muscle Specific Strength  6:00pm	Strength & Balance 9:00 AM				

 **Complimentary Class**

Sign-Up for Classes on ForeTees!

