











# ONION CREEK CLUB GROUP FITNESS CLASSES

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

 **Complimentary Class**

**Sign-Up for Classes on ForeTees!**

