

# HARBOR COURT FITNESS CENTER SCHEDULE



## WINTER



TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	YOGA						
6:30AM	BOBBIE				YOGA		
7:00 AM	(6:00-7:00A)	YOGA FLOW	YOGA	YOGA	BOBBIE		
		DENISE	RENEE	RENEE	(6:30-7:30am)		
8:00 AM		(7:00-8:00am)	(7:00-8:00am)	(7:00-8:00A)		YOGA	
						MANDY	
						(8:00-9:00A)	
10:30 AM							
12:30pm		On-The-Ball Training JULIE 12:30-1:30pm		On-The-Ball Training JULIE 12:30-1:30pm			
5:30 PM							
6:00 PM	PILATES BETH (6:00-7:00P)	YOGA RENEE (6:00-7:00P)					
6:30 PM			YOGA MICHELLE (6:30-7:30P)	YOGA DENISE (6:30-7:30P)			
7:00 PM							

PRICING:

ALL HOTEL GUESTS and HEALTH CLUB MEMBERS: FREE

NON-MEMBERS: \$5