



DEXTER CLASS SCHEDULE

**LABOR DAY WEEKEND
2024**

**FRIDAY, AUGUST 30-
MONDAY, SEPTEMBER 2**

**Friday, August 30th
Center Hours: 5am-7pm**

6:00am * Full Body HIIT**

Amanda S. /AS

7:00am *Aqua Easy Movement

Julie P. /WARM

8:30am *Cardio Strength**

Amanda S. /AS

8:30am **Yoga/Pilates Hybrid (45)

Cheryl G. /MBS

9:15am *YIN Yoga (45)

Cheryl G. /MBS

9:30am ** Cycle Fusion

Kelly F. /CS/AS

**Saturday, August 31st
Center Hours: 7am-3pm**

9:00am **Group Cycling

Kelly F. /CS

9:15am **Barre

Amy H. /AS

10:15am *Power Flexibility

Kelly F. /CR



**Sunday, September 1st
Center Hours: 7am-3pm**

8:30am *HIIT**

Jessica H. /AS

9:30am **Group Cycling

Kelly F. /CS

**Labor Day
Monday, September 2nd
Center Hours: 7am-12 pm**

8:30am **Group Cycling

Brittainy H. /CS

9:30am *Quick Core! (30min)

Brittainy H./CR

