

THE DOMINION GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative Yoga 8:00am Jess	Strength & Balance 8:00am Theisson	Zumba 8:00am Andrea	Men's Flexibility 8:00am \$\$ Jess	Strength & Balance 8:00am Jess	
Rhythm Ride Cycle 9:45am Jose	Cycle Circuit 30/30 9:30am Terie	Core Fusion 9:30am Jess	Cycle Express 9:30am *45 min Terie	Bike & Burn 9:30am *90 min Julie	
Core Fusion 11:00am Jess	Restorative Yoga 10:45am Jess		Strength & Balance 10:30am Monica		
	Power Yoga Noon Jess				
	Boot Camp 6:00pm Theisson	Rhythm Ride Cycle 6:00pm Jose	Kids Yoga 4:00pm \$\$ Jess		

Fitness Center Hours:

Monday: 5:30am- 8:30pm

Tuesday - Sunday: 5:30am- Club Closing

For any questions, please contact our

Fitness Director Jessica Worthey at

JWorthey@dggclubs.com