

# EAGLE CREEK

## ATHLETIC CLUB

SUN

MON

TUE

WED

THU

FRI

SAT

AM

BOOTCAMP

9: 00a-9: 45a

VINYASA YOGA

9: 00a-10: 15a

BOOTCAMP

9: 30a-10: 15a

WHOLE YOGA

9: 00a-10: 15a

BOOTCAMP

9: 30a-10: 15a

SLOW FLOW YOGA

9: 00a-10: 15a

SATURDAY SWEAT

9: 30a-10: 15a

ALL LEVELS YOGA

10: 00a-11: 15a

BOOTCAMP

10: 30a-11: 15a

PM

POWER

5: 15p-6: 00p

TOTAL BODY

5: 15p-6: 00p

POWER

5: 15p-6: 00p

TOTAL BODY

5: 15p-6: 00p

ZUMBA

6: 00p-7: 00p

BOLLYX

6: 00p-7: 00p

BUNS & GUNS

6: 00p-6: 45p

STRONG 30

6: 15p-6: 45p

POUND

7: 00p-7: 45p

ZUMBA

7: 00p-8: 00p

ZUMBA

7: 00p-8: 00p

Gravity Yoga

7: 00p-8: 00p

### Group Fitness Schedule

Please see mindbody  
for specific start  
dates