



TR Harris Wellness Center Group Fitness Schedule – May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 YOGA 5:15 – 6:15	3 REFIT w/Bodyweight & Bands 3:00 – 3:45
6 Tai Chi 4:15 – 5:15 Mixed Fit w/Bodyweight & Bands 5:30 – 6:15	7 YOGA 5:15 – 6:15	8 REFIT w/Bodyweight & Bands 5:30 – 6:15	9 YOGA 5:15 – 6:15	10 REFIT w/Bodyweight & Bands 3:00 – 3:45
13 Tai Chi 4:15 – 5:15 REFIT w/Bodyweight & Bands 5:30 – 6:15	14 YOGA 5:15 – 6:15	15 Mixed Fit w/Bodyweight & Bands 5:30 – 6:15	16 YOGA 5:15 – 6:15	17 REFIT w/Bodyweight & Bands 3:00 – 3:45
20 Tai Chi 4:15 – 5:15 Mixed Fit w/Bodyweight & Bands 5:30 – 6:15	21 YOGA 5:15 – 6:15	22 REFIT w/Bodyweight & Bands 5:30 – 6:15	23 YOGA 5:15 – 6:15	24 REFIT w/Bodyweight & Bands 3:00 – 3:45
27 CLOSED	28 YOGA 5:15 – 6:15	29 Mixed Fit w/Bodyweight & Bands 5:30 – 6:15	30 YOGA 5:15 – 6:15	31 REFIT w/Bodyweight & Bands 3:00 – 3:45

All classes are in the Wellness Center.

All classes are free to teammates and immediate family members (16 years+).

All teammates and family members must sign a waiver before exercising.