



BLUE GRANITE CLASSES

YOGA & FITNESS (WEEKLY SCHEDULE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00/10:45am HIIT/Core	9:00am Pilates	9:00/9:45am HIIT/Core	8:00am Pilates	8:00am Yoga for Climbers	7:00am Healing Qigong	9:30 am Slow Flow Hatha
	12:00/12:45pm Circuit Training/Core	12:00pm Solar Flow	12:00pm Booty Builder	12:00pm Solar Flow	9:00am Piloga	
6:30 pm Yoga for Climbers	7:00pm Seasonal Vinyasa	6:30pm Loving Warrior Yoga	5:00pm Slow Flow Hatha	7:00 pm Seasonal Vinyasa	11:00 am Slow Flow Hatha	
8:00pm Yoga for Climbers		8:00pm Hoop Flow				

INSTRUCTORS:

Sue Arkell (Pilates & Piloga)
Crystal Woodward (Solar Flow)
Nicole Sklar (Slow Flow Hatha)

Emily Sears (HIIT, Circuit Training, Booty Builder & Core)
Erica Eng (Loving Warrior Yoga, Hoop Flow, Healing Qigong)
Cali Bowman (Seasonal Vinyasa)
Tara Hostnik (Yoga for Climbers)

Please visit our website to sign up for classes ahead of time and to view our instructor and class descriptions.

CLIMBING SCHOOL (MONTHLY SCHEDULE)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK 1			101 Intro to Climbing 1st Wednesday, 6-8pm	
WEEK 2		102 Foundational Movement 2nd Tuesday, 6-8pm		
WEEK 3	201 Learn to Lead 3rd Monday, 6-8pm			101 Intro to Climbing 3rd Thursday, 6-8pm
WEEK 4		202 Movement & Mentality 4th Tuesday, 6-8pm		

Schedule a Custom Class:

Don't see a day or time that works for you? Grab a friend and talk to a staff member about setting up a custom class offering for any of our Climbing School Classes!

<p>APRIL 2019</p> <p>4/9—Foundational Movement</p> <p>4/15—Learn to Lead</p> <p>4/18—Intro to Climbing</p> <p>4/23—Movement & Mentality</p>

CLIMBING SCHOOL CLASSES

- 101—Intro to Climbing
- 102—Foundational Movement
- 201—Learn to Lead
- 202—Movement & Mentality
- 301—How to Rappel
- 302—Anchor Building

All classes are 2 hours.
\$35 members/\$50 nonmembers

