



# Viad Group Fitness Schedule

*Those who do not find time for exercise will have to find time for illness.*

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 - 11:30				Dance Fusion Krista	Exercise helps prevent heart disease. Your heart will become more efficient and build up less plaque.
11:30 - 12:15	Yoga Flow Krista	Cardio Kick N' Core Diane	Cardio Sculpt Krista	Yoga Flow Krista	Yoga Krista
12:15 - 1:00	Those who participate in exercise with a friend are 85% more likely to adhere to a program than those who don't!		Yoga Krista		

*In order to provide a respectful environment, please arrive on time for classes. Leave shoes (for yoga) and all belongings in locker or outside of group fitness studio. Thank you.*