

Work Out With Us!

Bodyweight Strength Training, Cardio & Yoga

2018 Class Schedule

Monday Strength & Conditioning 11:00-11:35	Tuesday Yoga & Mobility 11:00-11:35	Wednesday Strength & Conditioning 11:00-11:35	Thursday Yoga & Mobility 11:00-11:35	Friday Strength & Conditioning 11:00-11:35
		Yoga - Flow 4:30-5:30		

**FREE for all employees
of Hayden Ferry!**



Bring:

Yoga mat, towel and water
No need to sign up!

Location:

Building 40 - 1st Floor
(look for our sign)

For questions, feedback or if you'd like more information:
Aubrey Lincoln - fitnesslakeside@gmail.com