

GROUP FITNESS CLASS SCHEDULE

starts 2/15/2024

Monday	12:00 PM EST	Yoga
Tuesday	12 PM EST	Fit and Tone
	2 PM EST	Re-Charge Break
Wednesday	12:00 PM EST	Yoga
Thursday	12:00 PM EST	Fit and Tone
	2 PM EST	Re-Charge Break
Friday	10:45 AM EST	Meditation with Laura

PLEASE NOTE:

Yoga and Fit and Tone can be attended in person or via zoom.

All are recorded.

Questions? Contact the Wellness Center: wellness@wkkf.org; Ex: 2130