

HARBOR OF HEALTH FITNESS SCHEDULE

YOGA:

MONDAY:

4:15 - 5:15 pm yoga
 5:30 - 6:45 pm yoga
 7:00 - 8:00 pm restorative yoga

WEDNESDAY:

9:00 - 10:00 am restorative yoga
 4:15 - 5:15 pm yoga

THURSDAY:

10:00 - 11:15 never too late yoga

MISC:

WEDNESDAY:

6:45 - 8:00 pm weight watchers

THURSDAY:

5:30 pm outdoor run / walk

LAST THURSDAY OF EVERY MONTH:

1:00 - 2:30 pm diabetic group mtg

2nd and 4th SATURDAY OF EVERY MONTH:

11am equipment orientation

PILATES:

MONDAY:

5:30 pm reformer group*

TUESDAY:

9:00 - 10:00 am mat class
 5:30 - 6:30 pm mat class

WEDNESDAY:

8:30 am reformer group*
 9:45 am reformer group*
 5:30 - 6:30 pm power pilates

THURSDAY:

9:00 - 10:00 am mat class
 10 am reformer group*
 5:30 - 6:30 pm mat class
 6:30 pm reformer group*

FRIDAY:

6 am reformer group*
 4:30 pm reformer group*

SATURDAY:

9:00 - 10:00 am mat class

* reformer group has limited space-
 please contact kerry to reserve your
 spot

www.kerrypilates.com

CARDIO / STRENGTH:

MONDAY:

8:00 - 9:00 am cardio / strength

TUESDAY:

6:15 - 7:15 am body sculpting
 12:00 - 12:45 pm wings gymnastics
 1:30 - 2:30 PM fit momma
 6:30 - 7:30 pm crawl

WEDNESDAY:

6:15 am zumba
 8:00 - 9:00 am cardio / strength
 10 - 11:00 am complete core

THURSDAY:

6:15 - 7:15 am body sculpting
 1:30 - 2:30 PM fit momma
 6:30 - 7:30 pm crawl

FRIDAY:

6:15 - 7:15 am zumba
 8:00 - 9:00 am cardio / strength

SATURDAY:

10 - 11:00 AM crawl

see back for full class descriptions

Personal training, private and semi-private pilates, and private yoga available by appt- call 522-1559

All classes/ schedules are subject to change

www.harborofhealth.com

718 Harbor Bend Rd. Memphis, TN 38103
 901-522-1559