



STAY HEALTHY

AT *The Sagamore Club*

FITNESS CENTER OPEN 7AM - 8PM

MONDAY

- **Hiit Class** 5:45 am
- **Dance Cardio** 4:00 pm hosted in the Youth Room in the basement of the Clubhouse
- **Basic Yoga** 5:00 pm hosted in the Youth Room in the basement of the Clubhouse

TUESDAY

- **Virtual Yoga Power Flow** contact Ashley at riseyogaandfitness@gmail.com for access

THURSDAY

- **Virtual Power Flow** contact Ashley at riseyogaandfitness@gmail.com for access
- **Dance Cardio** 4:00 pm hosted in the Youth Room in the basement of the Clubhouse
- **Basic Yoga** 5:00 pm hosted in the FAC

FRIDAY

- **Hiit Class** 5:45 am

SATURDAY

- **Virtual Yoga Sculpt** contact Ashley at riseyogaandfitness@gmail.com for access