

# JULY

AT THE CLUB AT TAMARACK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:00 - 10:00 AM ASHTANGA YOGA <i>Fitness Center</i> <i>Instructor: Jenn</i></p>	<p>10:30 - 11:30 AM PILATES MAT <i>Fitness Center</i> <i>Instructor: Jenn</i></p>	<p>8:30 - 9:30 AM YOGA FOUNDATIONS <i>Fitness Center</i> <i>Instructor: Bailey</i></p>	<p>8:30 - 9:30 AM POWER YOGA <i>Fitness Center</i> <i>Instructor: Bailey</i></p>	<p>8:30 AM - 10:30 AM TRANQUIL TRAILS <i>Members Lounge</i> <i>Instructor: Bailey</i></p>	<p>8:30 - 9:15 AM MOUNTAIN STRETCH <i>Fitness Center</i> <i>Instructor: Bailey</i></p>	<p>8:30 - 9:30 AM RESTORATIVE YOGA <i>Fitness Center</i> <i>Instructor: Jenn</i></p>
<p>10:30 - 11:30 AM TOTAL BODY <i>Fitness Center</i> <i>Instructor: Jenn</i></p>	<p>4:30 - 5:30 PM VINYASA FLOW <i>Fitness Center</i> <i>Instructor: Chelsea</i></p>	<p>10:00 - 11:00 AM BARRE BURN <i>Fitness Center</i> <i>Instructor: Bailey</i></p>	<p>10:00 - 10:45 AM CORE BLAST <i>Fitness Center</i> <i>Instructor: Bailey</i></p>	<p>2:00 - 3:00 PM YOGA FLOW <i>Fitness Center</i> <i>Instructor: Bailey</i></p>	<p>10:30 - 11:30 AM SUMMIT CONDITIONING <i>Fitness Center</i> <i>Instructor: Bailey</i> <i>E/O Saturday</i></p>	<p>10:30 - 11:30 AM PILATES FLOW <i>Fitness Center</i> <i>Instructor: Jenn</i></p>
					<p>10:30 - 12:30 PM SUMMIT SEEKERS HIKE <i>Fitness Center</i> <i>Instructor: Bailey</i> <i>E/O Saturday</i></p>	<p>6:00 - 7:00 PM VINYASA FLOW <i>Fitness Center</i> <i>Instructor: Chelsea</i></p>
					<p>2:00 - 3:00 PM OUTDOOR YOGA <i>Lodge at Osprey Meadows</i> <i>Instructor: Bailey</i></p>	