TOUCHMARK

Group Fitness Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8 am	Yoga for Life	Balance Basics	Yoga for Life	Balance Basics	Yoga for Life
9 am	Signature S3 Balance	Strength & Movement	Signature S3 Balance	Strength & Movement	Signature S3 Balance
10 am	Platinum Power		Platinum Power		
10:30 am		HIIT Class		HIIT Class	
2 pm	Touchmark Trekkers	Touchmark Trekkers	Touchmark Trekkers	Touchmark Trekkers	Touchmark Trekkers

Copper: Basic/Beginner

Green: Intermediate

Black: Advanced

TOUCHMARK HEALTH & FITNESS

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