

Scan to register:



JULY WEEKLY CLASS SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:30 AM

Flow Yoga
Jessica

8:00 AM

Mat Pilates
Cori

8:30 AM

Flow Yoga
Jessica

8:00 AM

Mat Pilates
Cori

9:30 AM

Strength
Jessica/Kathy

9:00 AM

Flow Yoga
Jessica

9:30 AM

Strength
Jessica

9:30 AM

Strength
Jessica

5:00 PM *New!*

Gentle Yoga
Katie

5:30 PM

Gentle Yoga
Jessica

www.thelodgecumberland.com

Register online a min of one hour prior to class.

All classes are 45 minutes.

Note: Online schedule is most accurate and offers more class info.

The Lodge will be closed on July 4th & 5th