



Fall Group Fitness Schedule

Effective September 18th, 2017

Pro Class Schedule*

*Pro Class Pricing: Free with Pro membership or \$7/Drop-In

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	BodyPump Leah	Cycle Shari	TBC Donald	Mat Pilates Staci	Yoga Staci	
7:30am	Yoga Mix Jenn		Yoga Mix Jenn			Yoga Staci
8:30am		Mat Pilates Jenn	Pump/CXWorx Staci	Mat Pilates Jenn	BodyCombat Daryl	BodyPump Staci
9:30am	BodyPump Korinda	Zumba Melissa	BodyCombat Melissa	TBC Shari		Zumba Celine
10:30am	Zumba Celine		BodyPump Korinda	Cycle Shari	Yoga Mix Jenn	Strength & Stretch Celine
11:30am	Active Aging Muscular Endurance Celine	Active Aging Yoga & Restorative Stretch Jenn	Active Aging Strength Circuit Staci	Zumba Gold Celine	Restorative Stretch Jenn	
4:30pm	Mat Pilates Staci	Cycle/Core Melissa L		BodyCombat Melissa		
5:30pm	BodyPump Staci	BodyCombat Daryl	Zumba Melissa S.		Cycle Kirsten	
6:30pm	Zumba Dory	Yoga Staci		Beginner Yoga & Restorative Stretch Jenn		

Elite Class Schedule*

*Elite Class Pricing: Free with Elite Membership or \$12/Drop-In for members; Non-Members: \$14/Drop-in

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am				50:10 Shari		
9:30am		50:10 Shari			TRX Suspension Training Jenn Korinda	
10:30am	TRX Suspension Training Korinda	Barre Shari				
4:30pm			Barre Jenn			
5:30pm	50:10 Donald		50:10 Donald	Barre Jenn		
6:30pm		TRX Suspension Training Amanda				