FITNESS

LR

TRAINING

Fall Group Fitness Schedule

Effective September 18th, 2017

			Pro Class Sche	e auie " embership or \$7/Dro	nn-In	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BodyPump	Cycle	ТВС	Mat Pilates	Yoga	
5:30am	Leah	Shari	Donald	Staci	Staci	
		Shari	Donard	Staci	Staci	
7:30am	Yoga Mix		Yoga Mix			Yoga
	Jenn		Jenn			Staci
8:30am		Mat Pilates	Pump/CXWorx	Mat Pilates	BodyCombat	BodyPump
		Jenn	Staci	Jenn	Daryl	Staci
9:30am	BodyPump	Zumba	BodyCombat	TBC		Zumba
	Korinda	Melissa	Melissa	Shari		Celine
10:30am	Zumba		BodyPump	Cycle	Yoga Mix	Strength &
	Celine		Korinda	Shari	Jenn	Stretch
	Active Aging	Active Aging Yoga &				Celine
11.20	Muscular	Restorative	Active Aging	Zumba Gold	Restorative Stretch	
11:30am	Endurance	Stretch	Strength Circuit Staci	Celine	Jenn	
	Celine	Jenn	Staci		Jeilii	
4:30pm	Mat Pilates	Cycle/Core		BodyCombat		
	Staci	Melissa L		Melissa		
5:30pm 6:30pm	D - JD	D. J. C l 4	71		CI-	
	BodyPump Staci	BodyCombat Daryl	Zumba Melissa S.		Cycle Kirsten	
	Staci	Daryi	Wichssa 5.	D ' V 0	Kirsten	
	Zumba	Yoga		Beginner Yoga & Restorative		
				Stretch		
	DOLA	Stact 1		Sireich		
	Dory	Staci		Jenn		
	Dory		Clite Class Sch	Jenn		
]	·	E	Clite Class Schonbership or \$12/Dr	Jenn edule	Non-Members: \$14/	Drop-in
]	·			Jenn edule op-In for members;	Non-Members: \$14/ Fridav	Drop-in Saturday
	Elite Class Prici	Fing:Free with Elite Men	nbership or \$12/Dr	Jenn edule* op-In for members;		
	Elite Class Prici	Fing:Free with Elite Men	nbership or \$12/Dr	Jenn edule* op-In for members; Thursday 50:10		
8:30am	Elite Class Prici	ng:Free with Elite Men Tuesdav	nbership or \$12/Dr	Jenn edule* op-In for members; Thursday 50:10 Shari	Friday	
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