

FITNESS



TRAINING

Fall Group Fitness Schedule

Effective September 17th, 2018

Free with Pro membership or \$12 Drop-In

Studio Class Schedule*

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---|---|--|--------------------------|-----------------------------|----------------------------|
| 5:30am | TBC Melissa L. | Cycle Shari | TBC Donald | | Yoga Jenn | |
| 7:30am | Yoga Mix Jenn | | Yoga Mix Jenn | | BodyPump Devin | 8:00am Yoga Kate |
| 8:30am | TBC Jenn | Mat Pilates Jenn | Barre Jenn | Mat Pilates Jenn | BodyCombat Daryl | 9:00am BodyPump Kate |
| 9:30am | BodyPump Korinda | Zumba Melissa | BodyCombat Melissa | TBC Shari | Barre Jenn | 10:00am Zumba Celine |
| 10:30am | Zumba Celine | Barre Shari | BodyPump Korinda | Cycle Shari | Yoga Mix Jenn | |
| 11:30am | Active Aging Muscular Endurance Celine | Active Aging Yoga & Restorative Stretch Jenn | Active Aging Strength Circuit Jenn | Zumba Gold Celine | Restorative Stretch Kate | |
| 4:30pm | | | Barre Jenn | BodyCombat Melissa S. | | |
| 5:30pm | BodyPump Daryl | BodyCombat Daryl | Zumba Allie | BodyPump Melissa S. | | |
| 6:30pm | Zumba Melissa | Yoga Kate | BodyPump Christy | Yoga Kate | | |

TRX Frame Class Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|-----------------------|-----------|------------------------|--|----------|
| 8:30am | | | | | | |
| 9:30am | | 50:10 Shari | | | TRX Suspension Training Heather | |
| 10:30am | | | | | | |
| 4:30pm | TRX Suspension Training Heather | | | | | |
| 5:30pm | 50:10 Heather | | | 50:10 Donald | | |