

FITNESS

TRAINING



Fall Group Fit Schedule

Effective September 9th, 2019

Free with Pro membership or \$12 Drop-In

Studio Class Schedule*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	TBC Donald	Grit Kylee	TBC Donald	Circuit Training Donald		
7:30am	Yoga Mix Molly		Yoga Mix Molly			8:00am BodyPump Kate
8:30am	TBC Heather	Mat Pilates Shari		Mat Pilates Shari		9:00am Yoga Kate
9:30am	BodyPump Korinda	50:10 Shari	BodyCombat Melissa	TBC Shari	Grit Kylee	10:00am Zumba Celine
10:30am	Zumba Celine	Barre Shari	BodyPump Korinda	Barre Shari	Zumba Melissa	
11:30am	Active Aging Muscular Endurance Celine	Active Aging Yoga & Restorative Stretch Shari	Active Aging Strength Circuit Donald	Zumba Gold Celine	Restorative Stretch Molly	
4:30pm	Barre Kate	BodyPump Christy	Yoga Mix Molly	Grit Christy		
5:30pm	BodyPump Kate	50:10 Donald	Grit Kylee	BodyCombat Melissa		
6:30pm	BodyCombat Kylee	Zumba Celine	BodyPump Christy	Barre Kate		

TRX Frame Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am	TRX Suspension Training Heather				TRX Suspension Training Heather	
10:30am						
4:30pm						
5:30pm						