

FITNESS

TRAINING

Spring Group Fitness Schedule



Effective April 8th, 2019

Free with Pro membership or \$12 Drop-In

Studio Class Schedule*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	TBC Jenn	Grit Kylee	TBC Donald	Grit Korinda	Barre Jenn	
7:30am	Yoga Mix Jenn		Yoga Mix Jenn			8:00am BodyPump Kate
8:30am	TBC Jenn	Mat Pilates Jenn		Mat Pilates Jenn	BodyCombat Daryl	9:00am Yoga Kate
9:30am	BodyPump Korinda	50:10 Shari	BodyCombat Melissa	TBC Shari	Grit Korinda	10:00am Zumba Celine
10:30am	Zumba Celine	Barre Shari	BodyPump Korinda	Barre 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		BodyPump Christy	Barre Jenn	BodyCombat Melissa S.		
5:30pm	BodyPump Daryl	BodyCombat Daryl	Zumba Allie	Grit Kylee		
6:30pm	Zumba Melissa	Barre Jenn	BodyPump Christy	Yoga 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						