

# FITNESS



# TRAINING

Fall Group Fitness Schedule

Effective January 7th, 2019

Free with Pro membership or \$12 Drop-In

## Studio Class Schedule\*

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

## TRX Frame Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						
9:30am	<b>TRX</b> Suspension Training Heather	<b>50:10</b> Shari			<b>TRX</b> Suspension Training Heather	
10:30am				<b>50:10</b> Jenn		
4:30pm						
5:30pm	<b>50:10</b> Heather					