

FITNESS

TRAINING

Spring Group Fitness Schedule



UPDATED May 9th, 2019

Free with Pro membership or \$12 Drop-In

Studio Class Schedule *

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