

# FITNESS

# TRAINING

Summer Group Fit Schedule



Effective June 3rd, 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	PIYo Melissa L.		
7:30am	Yoga Mix Brian		Yoga Mix Brian			8:00am BodyPump Kate
8:30am	TBC Heather	Mat Pilates Shari		Mat Pilates Shari		9:00am Yoga Kate
9:30am	BodyPump Korinda	<b>50:10</b> Shari	BodyCombat Melissa S.	TBC Shari	Grit Korinda	10:00am Zumba Celine
10:30am	Zumba Celine	Barre Shari		Barre Shari	Zumba Melissa S.	
11:30am	Active Aging Muscular Endurance Celine	Active Aging Yoga & Restorative Stretch Shari	Active Aging Strength Circuit Donald	Zumba Gold Celine	Restorative Stretch Kate	
4:30pm						
5:30pm	BodyPump Kate	BodyCombat Melissa S.	Grit Kylee	<b>50:10</b> Donald		
6:30pm	Body Combat Kylee	Zumba Melissa S.	BodyPump Christy	Barre Kate		

## TRX Frame Class Schedule

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