



**GROUP FITNESS SCHEDULE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45am-6:30am <b>Spin N' Sculpt</b> <i>Mandi</i>		5:45am-6:30am <b>Spin</b> <i>Mandi</i>		
	6:00am-6:45am <b>Body Pump</b> <i>Karen</i>	6:00am-6:45am <b>HIIT</b> <i>Karen</i>	6:00am-6:45am <b>Boot Camp</b> <i>Haley</i>	6:00am-6:45am <b>Step Strength</b> <i>Karen</i>	6:00am-6:45am <b>Chisel</b> <i>Mandi</i>	8:00am-8:55am <b>Body Pump</b> <i>Toni</i>
8:30am-9:15am <b>Spin</b> <i>McKenzie</i>	8:30am-9:15am <b>Spin</b> <i>Mary</i>	8:45am-9:25am <b>Tone N' Core</b> <i>Heather</i>	8:45am-9:15am <b>Spin X'Press</b> <i>Mary</i>	8:45am-9:30am <b>Pilates Strength</b> <i>Heather</i>	8:30am-9:15am <b>Spin</b> <i>Debbie</i>	8:15am-9:00am <b>Spin</b> <i>Erin/Connie</i>
8:45am-10:00am <b>Tabata</b> <i>Debbie</i>	9:30am-10:30am <b>X-Training</b> <i>Mary</i>	9:30am-10:30am <b>Zumba Toning</b> <i>Chrissy</i>	9:30am-10:30am <b>Body Pump</b> <i>Mary</i>	9:30am-10:30am <b>ABC</b> <i>Debbie</i>	9:30am-10:30am <b>Boot Camp</b> <i>Mary</i>	9:00am-9:55am <b>HIIT</b> <i>Nicole</i>
10:00-11:00am <b>Vinyasa Yoga</b> <i>Zahir</i>	10:45am-11:30am <b>Silver Sneakers Classic</b> <i>Chrissy</i>	10:45am-11:30am <b>Zumba Gold</b> <i>Chrissy</i>	10:45am-11:30am <b>Silver Sneakers Classic</b> <i>Mary</i>	10:45am-11:30am <b>Silver Sneakers Classic</b> <i>Heather</i>	10:45am-11:30am <b>Silver Sneakers Classic</b> <i>Brian</i>	10:00am-10:55am <b>Power Pilates</b> <i>Jackie</i>
	4:30pm-5:25pm <b>Body Bar</b> <i>Debbie</i>	4:30pm-5:25pm <b>ABC</b> <i>Jackie</i>				
	5:30pm-6:15pm <b>Spin</b> <i>Debbie</i>	5:30pm-6:15pm <b>TRX Circuit</b> <i>Toni</i>	5:30pm-6:20pm <b>Kickboxing</b> <i>Connie</i>	5:30pm-6:25pm <b>Body Pump X'Press</b> <i>Toni</i>	5:30pm-6:15pm <b>HIIT</b> <i>Tracy</i>	
	5:30pm-6:25pm <b>Zumba</b> <i>Connie</i>	5:30pm-6:25pm <b>Step Strength</b> <i>Nicole</i>	5:45pm-6:30pm <b>Spin</b> <i>Bridgette</i>			
	6:30pm-7:15pm <b>Body Works</b> <i>Connie</i>	6:30pm-7:15pm <b>Body Pump Express</b> <i>Toni</i>	6:30pm-7:15pm <b>Zumba</b> <i>Connie</i>	6:30pm-7:15pm <b>Pilates</b> <i>Haley</i>		
			6:30pm-7:30pm <b>Power Yoga</b> <i>Kathy</i>			