



GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15-6:15am BodyPump Zone A/B: Lori	5:15-6:15am Cycling & Strong Cycling Studio: Brook	5:00-6:00am BodyPump Zone A/B: Roberta	5:15-6:15am BodyStep/CXWORX Zone A/B: Lori	5:00-6:00am BodyPump/Core Zone A/B: Connie
5:30-6:30am Interval Cycling Cycling Studio: Christine	8:00-9:15am Strength 4 Life Zone A/B: Debra	5:30-6:30am Interval Cycling Cycling Studio: Christine	5:15-6:15am Cycling & Strong Cycling Studio: Brook	5:30-6:30am Interval Cycling Cycling Studio: Christine
8:30 - 9:25am RPM Cycling Studio: Deb	9:00-10:00am Max Toning Core Studio: Cheryl	8:30-9:25am RPM Cycling Studio: Deb	8:00-9:15am Strength 4 Life Zone A/B: Debra	8:00-8:45am Max Toning Zone A/B: Cheryl
9:00-10:00am Phat Attack Core Studio: Brook	9:30-10:30am BodyPump Zone A/B: Sara	8:45-10:00am BodyStep Plus Zone A/B: Cheryl	9:00-10:00am Cycle & Core Cycling Studio: Brook	9:15-10:30am Cycling/Strength Cycling Studio: Kim C
9:00-10:15am Strength 4 Life Zone A/B: Terrence	12:15-1:00pm BodyPump Zone A/B: Elena	9:00-10:00am BodyCombat Core Studio: Nicci	9:30-10:30am BodyPump Zone A/B: Sara	9:00-10:00am PIYO Core Studio: Judy F.
10:10-10:55am Silver & Fit Core Studio: Judy O	4:40-5:25pm Bodystep Zone A/B: Emily	12:15-1:00pm Cycling Stages Cycling Studio: Sandy	12:15-1:00pm Circuit Challenge Core Studio: TBD	9:00-10:00am BodyCombat Zone A/B: Nicci
12:15-1:00pm BodyStep Zone A/B: Elena	5:30-6:30pm Phat Attack/CXWORX Core Studio: Brook	5:15-6:00pm BodyStep Zone A/B: Emily	4:45-5:55pm BodyPump/CXWORX Zone A/B: Elena	10:10-11:10am Buns & Abs Zone A/B: Joni
4:45-5:30pm RIPPED Zone A/B: Diane	5:35-6:50pm BodyPump/CXWORX Zone A/B: Lori	5:15-6:15pm Cycling/Strength Cycling Studio: Connie	4:45-5:15pm GRIT Core Studio: Michelle	12:15-1:00pm BodyPump Zone A/B: Emily
5:15-6:10PM Cycling Cycling Studio: Connie	7:00-8:00pm Dance Fitness Zone A/B: Andrea	5:30-6:15pm POUND Core Studio: Diane	5:30-6:30pm Zumba Core Studio: Bryan	6:00-7:00pm BodyPump Zone A/B: Bryan
5:25-6:20pm Body Combat Core Studio: Jessica	7:00 - 8:00pm Cycling & Strong Cycling Studio: Laura	6:15-7:15pm BodyPump Zone A/B: Kim	6:00-7:00pm PIYO Zone A/B: Judy F	6:15-7:15pm Xtreme Fitness Core Studio: Laura
6:15-7:15pm BodyPump Zone A/B: Connie		7:30-8:30pm BodyCombat Zone A/B: Kim	6:45-7:45pm Strong by Zumba Core Studio: Bryan	
7:00-8:00pm Cycling Cycling Studio: Tina	FEB ONLY			

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SATURDAY	SUNDAY	
7:15-7:45am GRIT Zone A/B: Michelle	8:00-8:45am Sweat it out! Core Studio: Ashley	
8:00-9:00am BodyPump/Core Zone A/B: Connie	9:00-10:00am BodyPump Zone A/B: Nicci	
9:00-10:00am RPM Challenge Cycling Studio: Janelle/Sara	9:00-10:00am *Circuit Challenge Core Studio: Jeannie	
9:15 - 10:15am BodyStep Zone A/B: Elena	10:15-11:15am Zumba Toning Core Studio: Theresa	
9:00-10:00am Zumba Core Studio: Bryan	* Circuit Challenge may go outside weather permitting	
10:30-11:30am BodyPump Zone A/B: Lori	FEB ONLY	
10:30-11:30am BodyCombat Core Studio: Kim		

