



# GROUP FITNESS CLASS SCHEDULE

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

**JAN ONLY**

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

**JAN ONLY**

**NEW**

**NEW**

**BODYPUMP 110 "Soft Launch"**  
**SATURDAY, January 6th**  
**9:15-10:15am Zone A/B**

