



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 | 5:15-5:45am BodyStep 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: Aly | 5:30-6:30am Interval Cycling Cycling Studio: Christine | 5:45-6:15am CXWORX Zone A/B: Lori | 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 | 5:15-6:15am Cycling & Strong Cycling Studio: Brook | 8:00-8:45am Max Toning Zone A/B: Cheryl |
| 9:00-9:30am Phat Attack Core Studio: Brook | 9:30-10:30am BodyPump Zone A/B: Sara | 8:45-10:00am BodyStep Plus Zone A/B: Cheryl | 8:00-9:15am Strength 4 Life Zone A/B: Dan | 9:00-10:00am PIYO Core Studio: Judy F. |
| 9:30-10:00am CXWORX Core Studio: Brook | 12:15-1:00pm BodyPump Zone A/B: Elena | 9:00-10:00am BodyCombat Core Studio: Nicci | 9:00-10:00am Cycle & Core Cycling Studio: Brook | 9:00-10:00am BodyCombat Zone A/B: Nicci |
| 9:00-10:15am Strength 4 Life Zone A/B: Dan | 4:40-5:25pm Bodystep Zone A/B: Emily | 10:15-11:00am Silver & Fit Core Studio: Judy O | 9:30-10:30am BodyPump Zone A/B: Sara | 9:15-10:30am Cycling/Strength Cycling Studio: Kim C |
| 10:15-11:00am Silver & Fit Core Studio: Judy O | 5:30-6:30pm Phat Attack Core Studio: Brook | 12:15-1:00pm Cycling Stages Cycling Studio: Sandy | 12:15-1:00pm Circuit Challenge Core Studio: Kim C | 10:10-11:10am Buns & Abs Zone A/B: Joni |
| 12:15-1:00pm BodyStep Zone A/B: Elena | 5:35-6:20pm BodyPump Zone A/B: Lori | 5:15-6:00pm BodyStep Zone A/B: Emily | 4:45-4:25pm BodyPump Zone A/B: Elena | 12:15-1:00pm BodyPump Zone A/B: Emily |
| 4:45-5:30pm RIPPED Zone A/B: Diane | 6:20-6:50pm CXWORX Zone A/B: Lori | 5:15-6:15pm Cycling/Strength Cycling Studio: Connie | 5:25-5:55pm CXWORX Zone A/B: Elena | 6:00-7:00pm BodyPump Zone A/B: Bryan |
| 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 | 4:45-5:15pm GRIT Core Studio: Michelle | 6:15-7:15pm Xtreme Fitness Core Studio: Laura |
| 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 | 5:30-6:30pm Zumba Core Studio: Bryan | |
| 6:15-7:15pm BodyPump Zone A/B: Connie | | 7:30-8:00pm CXWORX Zone A/B: Kim | 5:30-6:15pm Cycling Cycling Studio: Michelle | |
| 7:00-8:00pm Cycling Cycling Studio: Tina | | | 6:00-7:00pm PIYO Zone A/B: Judy F | |
| | | | 6:45-7:45pm Strong by Zumba Core Studio: Bryan | |



| SATURDAY | SUNDAY |
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| 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 |
| 9:00-10:00am Zumba Core Studio: Bryan | 10:15-11:15am Zumba Toning Core Studio: Theresa |
| 9:15 - 10:15am BodyStep Zone A/B: Elena | * Circuit Challenge may go outside weather permitting |
| 10:30-11:30am BodyPump Zone A/B: Lori | |
| 10:30-11:30am BodyCombat Core Studio: Kim | |



MARCH 2018



*Classes that do not meet the minimum attendance requirement can be removed from the schedule at any time.