

# Group Fitness Class Schedule: October 2016

Schedule Updated Monthly----Non Members may attend by purchasing a day pass

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15am <b>Body Step/BodyPump</b> Zone: A/B: Lori	5:30-6:30am <b>Cycling &amp; Strong</b> Cycling Studio: Brook	5:00-6:00am <b>BodyPump</b> A/B Studio: Roberta	5:15-6:15am <b>BodyStep/Core</b> Zone A/B: Lori	5:00-6:00am <b>BodyPump/CXWORX</b> Zone A/B: Connie	7:15- 7:45am <b>GRIT Strength</b> Zone A/B: Michelle	8:00-8:45am <b>RIPPED</b> Zone A/B: Diane/Michelle
5:30-6:30am <b>Interval Cycling</b> Cycling Studio: Christine	8:15 - 9:30am <b>Strength 4 Life</b> Prairie Studio: Debra	5:30-6:30am <b>Interval Cycling</b> Cycling Studio: Christine	5:30-6:30am <b>Cycling &amp; Strong</b> Cycling Studio: Brook	5:30-6:30am <b>Interval Cycling</b> Cycling Studio: Christine	8:00-9:00am <b>BodyPump/CXWORX</b> Zone A/B: Connie	9:00-10:00am <b>BodyPump</b> Zone A/B: Nicci
8:30 - 9:25am <b>RPM</b> Cycling Studio: Deb	9:00-10:00am <b>BodyV3.1</b> Core Studio: Lisa	8:30-9:25am <b>RPM</b> Cycling Studio: Deb	8:15-9:30am <b>Strength 4 Life</b> Prairie Studio: Debra	8:45-10:00am <b>Cycling/Strength</b> Cycling Studio: Kim C	9:00-10:00am <b>RPM Challenge</b> Cycling Studio: Janelle	9:00-10:00am <b>*Bootcamp</b> Core Studio: Jeannie
9:00-10:00am <b>Phat Attack</b> Core Studio: Brook	8:45-9:15am <b>BodyStep Xpress</b> Zone A/B: Cheryl	8:45-10:00am <b>BodyStep Plus</b> Zone A/B: Cheryl	9:00-10:00am <b>BodyV3.1</b> Core Studio: Lisa	9:00-10:10 <b>Fite 4 Life</b> Core Studio: Judy N	9:15 - 10:15am <b>BodyStep</b> Zone A/B: Elena	10:15-11:15am <b>Cardio &amp; Strength Combo</b> Zone A/B: Tina
9:00-10:10am <b>Strength 4 Life</b> Zone A/B: Debra	9:20-10:20am <b>BodyPump</b> Zone A/B: Sara	9:00-10:00am <b>Body Combat</b> Core Studio: Jessica	9:00-10:00am <b>Cycle &amp; Core</b> Cycling Studio: Brook	9:00-10:00am <b>Turbokick</b> Zone A/B: Nicci	9:30-10:30am <b>Zumba</b> Core Studio: Bryan	* Bootcamp may go outside weather permitting
9:45-10:30am <b>Silver &amp; Fit</b> Yoga: Judy O	12:15-1:00pm <b>Cycling, Buns, Barre</b> Cycling Studio: Debra	12:15-1:00pm <b>Cycling Stages</b> Cycling Studio: Sandy	9:20-10:20am <b>BodyPump</b> Zone A/B: Sara	10:30-11:30am <b>Buns &amp; Abs</b> Zone A/B: Judy N	10:30-11:30am <b>BodyCombat</b> Zone A/B: Kim	<b>** TRY FREE October</b>
12:15-1:00pm <b>Fit 4 Life</b> Zone A/B: Judy N	4:25-5:25pm <b>Bodystep</b> Zone A/B: Elena	5:15-6:00pm <b>BodyStep</b> Zone A/B: Emily	12:15-1:00pm <b>Intro to Meditation**</b> Zone A/B: Joanne	12:15-1:00pm <b>BodyPump</b> Zone A/B: Emily	11:35-12:05 <b>CXWORX</b> Zone A/B: Kim	
4:45-5:30pm <b>RIPPED</b> Zone A/B: Diane	5:30-6:30pm <b>Phat Attack</b> Core Studio: Brook	5:00-5:45pm <b>CIZE</b> Core Studio: Natoia	4:45-5:45PM <b>BodyPump/CXWORX</b> Zone A/B: Elena	6:00-7:00pm <b>BodyPump</b> Zone A/B: Bryan		
5:00-6:00PM <b>Cycling &amp; Core</b> Cycling Studio: Connie	5:35-6:50pm <b>BodyPump/CXWORX</b> Zone A/B: Lori	5:00-6:15pm <b>Cycling Strong</b> Cycling Studio: Connie	4:45-5:15pm <b>GRIT Cardio</b> Core Studio:Michelle	6:15-7:15pm <b>Xtreme Fitness</b> Core Studio:Laura		<b>RIPPED- A combination of cardio and strength. This class takes you through Resistance, Intervals, Power, Plyometrics, Plyometrics, and Endurance!</b>
5:25-6:20pm <b>Body Combat</b> Core Studio: Jessica	5:35-6:30pm <b>RPM</b> Cycling Studio: Janell	6:15-7:15pm <b>BodyPump</b> Zone A/B: Kim	5:30-6:30pm <b>Cycling Stages</b> Cycling Studio: Debra			
6:15-7:15pm <b>BodyPump</b> Zone A/B: Connie	7:00-7:30pm <b>GRIT Plyo</b> Core Studio:Michelle	6:00-6:45pm <b>PIYo</b> Core:Studio: Natoia	5:30-6:30pm <b>Zumba</b> Core Studio:Bryan			
6:30 - 7:30pm <b>BodyV3.1</b> Core Studio: Kathy	7:00 - 8:00pm <b>Cycling &amp; Strong</b> Cycling Studio: Laura	7:30-8:30pm <b>BodyCombat</b> Zone A/B: Kim	6:00-6:45pm <b>BodyStep Express</b> Zone A/B: Emily			
7:30-8:30pm <b>Xtreme Fitness</b> Zone A/B: Tina	7:00-8:00pm <b>Dance Fitness</b> Zone A/B: Andrea		6:45-7:45pm <b>Strong by Zumba</b> Core Studio:Bryan			
			7:00-8:00pm <b>Turbokick</b> Zone A/B: Brianna			<b>**Cize: Learn how to dance and get cardio at the same time!!</b>

