



GROUP FITNESS SCHEDULES

STUDIO A		May 8 th – 28 th						*This schedule is subject to change
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00-6:00am	Total Body Blast (2-3) Andy 5:15-6:00		Low-Impact Cardio (0) Karrie 5:15-6:00					
6:00-7:00am								
7:00-8:00am								
8:00-9:00am	Active Older Adult (1) Christi 8:15-8:45	*Strong Bodies Hannah 7:50-9am	Active Older Adults (1) Christi 8:15-8:45	*Strong Bodies Hannah 7:50-9am	Active Older Adults (1) Christi 8:15-8:45			
9:00-10:00am	Low-Impact Cardio (2) Lynsey 9:15-10:00	Total Body Blast (2-3) Shelly 9:15-10:00	Low-Impact Cardio (2) Desirae 9:15-10:00	Total Body Blast (2-3) Shelly 9:15-10:00	Low-Impact Cardio (2) Tania 9:15-10:00	Total Body Blast (2-3) Macayla 9:15-10:00		
10:00-11:00am	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Lynn 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00				
11:00am-12:00pm								
12:00-1:00pm								
1:00-2:00pm								
2:00-3:00pm								
3:00-4:00pm								
4:00-5:00pm								
5:00-6:00pm								
6:00-7:00pm								
7:00-8:00pm								

*Schedule subject to change.



GROUP FITNESS SCHEDULES

STUDIO B		May 8th - May 28th				*This schedule is subject to change	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am		Cycling (0) Jen 5:15-6:00		Cycling (0) Jen 5:15-6:00			
6:00-7:00am	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00		
7:00-8:00am							
8:00-9:00am							
9:00-10:00am	Boot Camp (2-3) Brittany 9:15-9:45	*TRX (1-2) Brittany 9:15-10:00	Boot Camp (2-3) Christi 9:15-9:45	*TRX (1-2) Brittany 9:15-10:00	Boot Camp (2-3) Macayla 9:15-9:45		
10:00-11:00am	Open Member Access 10:00-12:00	Open Member Access 10:00-12:00	Open Member Access 10:00-12:00	Open Member Access 10:00-12:00	Open Member Access 10:00-12:00		
11:00am-12:00pm							
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm	Open Member Access 4:00-6:00	Open Member Access 4:00-6:00	Open Member Access 4:00-6:00	Open Member Access 4:00-6:00	Open Member Access 4:00-6:00		
5:00-6:00pm							
6:00-7:00pm	Boot Camp (2-3) Macayla 6:00-6:30	*TRX (0) Macayla 6:00-6:45	Boot Camp (2-3) Shelley 6:00-6:30	*TRX (0) Macayla 6:00-6:45			
7:00-8:00pm	Open Member Access 6:30-7:30	Open Member Access 6:45-7:30	Open Member Access 6:30-7:30	Open Member Access 6:45-7:30	Open Member Access 6:30-7:30		

*TRX participants need to pick up a card at the front desk prior to class. 12 cards max.