



# GROUP FITNESS SCHEDULES

STUDIO A		June 5 <sup>th</sup> – June 25 <sup>th</sup>					*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 8:15-9:00		Active Older Adults (1) Christi 8:15-9:00		Active Older Adults (1) Christi 8:15-9:00			
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			
10:00-11:00am	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Georgia 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Georgia 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			Dance it Off with Kelsey 5:15-6pm					
6:00-7:00pm								
7:00-8:00pm								



# GROUP FITNESS SCHEDULES

STUDIO B		June 5 <sup>th</sup> – June 25 <sup>th</sup>					*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	*TRX (1-2) Brittany 9:00-9:45	Boot Camp (2-3) Christi 9:15-9:45		Boot Camp (2-3) Lynsey 9:15-9:45	*TRX (1-2) Macayla 9:15-10:00	Boot Camp Hybrid (2-3) Macayla 9:15-10:00		
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 4:00-7:30	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30	Open Member Access 4:00-7:30			
5:00-6:00pm								
6:00-7:00pm	Boot Camp (2-3) Macayla 6:00-6:30							
7:00-8:00pm	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.