

# GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>Morning</b>					<b>Weekend</b>			
5:15am <b>Functional Skills &amp; Drills</b> Turf George Coleman	5:15am <b>Functional Strength Training</b> Advanced Training Center Jenn	5:15am <b>Cycle &amp; Sculpt</b> Cycle Room Janet	5:15am <b>TRX &amp; Kettle Bell</b> TRX Suspension Cynthia	5:15am <b>Cycle &amp; Sculpt</b> Cycle Room Anthem				
5:30am <b>Bootcamp Basics</b> Aerobics Room Laisa	5:15am <b>Cycle</b> Cycle Room Janet	5:30am <b>Bootcamp Basics</b> Advanced Training Center George	8:30am <b>Boxing Bootcamp</b> TRX Suspension Judy	5:30am <b>Bootcamp Basics</b> Turf Laisa	8:00am <b>BattleCry Boot Camp</b> Outside Garrick			
8:30am <b>HITT 45</b> Aerobics Room Cathya	9:30am <b>Bootcamp Basics</b> Aerobics Room Lynn	8:30am <b>Bosu Basics</b> Aerobics Room (45 mins) Lynn	9:00am <b>Circuit Training</b> Aerobics Room Lynn	9:00am <b>Tread &amp; Shed</b> Treadmills (45 mins) Lynn				
9:30am <b>Functional Strength Training</b> Aerobics Room Allison	9:30am <b>Rhythm &amp; Ride</b> Cycle Room Allison	9:30am <b>HITT 45</b> Aerobics Room Allison	9:30am <b>TRX &amp; Rowing</b> TRX Suspension Eric	9:00am <b>Barbell Strength</b> Aerobics Room Mary	9:00am <b>Cycle &amp; Sculpt</b> Cycle Room Anthem			
9:30am <b>Lower Body Blast</b> Advanced Training Center Mary	9:30am <b>TRX &amp; Rowing</b> TRX Suspension Mary	10:00am <b>Functional Strength Training</b> Advanced Training Center Jenn	10:30am <b>Yoga for WARRIORS</b> Aerobics Room Lauren	10:00am <b>Functional Strength Training</b> Advanced Training Center Garrick	10:00am <b>POWER Vinyas Flow</b> Aerobics Room Summer			
10:30am <b>Zumba</b> Aerobics Room Laura	10:30am <b>POWER Vinyas Flow</b> Aerobics Room Summer	10:30am <b>Zumba</b> Aerobics Room Laura	11:30am <b>Bootcamp Basics</b> Advanced Training Center Garrick	10:30am <b>Zumba</b> Aerobics Room Tiffany	11:00am <b>Hip Hop Cardio</b> Aerobics Room Anthem			
11:30am <b>Piyo</b> Aerobics Room Aimi	11:30am <b>Power Lifting 101</b> Advanced Training Center Garrick	11:00am <b>Stretch &amp; Roll</b> Advanced Training Center (30 mins) Jenn						
11:30am <b>TRX &amp; Rowing</b> TRX Suspension Garrick	12:15pm <b>SPEED Cycle</b> Cycle Room (45 mins) Garrick	11:30am <b>Yoga for WARRIORS</b> Aerobics Room Judy	12:15pm <b>POWER Cycle</b> Cycle Room (45 mins) Garrick	11:30 am <b>YIN/Restorative Yoga</b> Aerobics Room Emma				
<b>Evening</b>					<p>Group Fitness Classes Are Included With Membership! See a Membership Consultant for Details</p>  <p>All classes are 60 minute classes, unless otherwise stated. All classes are designed for both males and females, unless otherwise stated.</p>			
	5:30pm <b>Bootcamp Basics</b> Advanced Training Center Garrick	5:30pm <b>Power Lifting 101</b> Advanced Training Center Garrick		5:00 pm <b>Power Lifting 101</b> Advanced Training Center Garrick				
5:30pm <b>Lower Body Blast</b> Advanced Training Center Garrick	5:45pm <b>Core Killer</b> TRX Suspension (15 mins) Judy	5:30pm <b>Cycle</b> Cycle Room Heather	5:30pm <b>Functional Strength Training</b> Advanced Training Center Garrick					
6:00pm <b>Rhythm &amp; Ride</b> Cycle Room Allison	6:00pm <b>TRX HITT</b> TRX Suspension Judy		5:30pm <b>POWER Vinyas Flow</b> Aerobics Room Summer					
6:30pm <b>Power Lifting 101</b> Advanced Training Center Garrick		6:15pm <b>Core Killer</b> TRX Suspension (15 mins) Allison	6:00pm <b>Boxing Bootcamp</b> TRX Suspension Mary					
7:00pm <b>Bootcamp Basics</b> TRX Suspension Cynthia	7:00pm <b>POWER Vinyas Flow</b> Aerobics Room Summer	6:30pm <b>TRX &amp; Rowing</b> TRX Suspension Allison	7:00pm <b>Beginners TRX &amp; Kettle Bell</b> TRX Suspension Jenn					
7:00pm <b>Hip Hop Cardio</b> Aerobics Room Anthem		6:30pm <b>Bootcamp Basics</b> Advanced Training Center Garrick	7:00pm <b>Rhythm &amp; Ride</b> Cycle Room Janet					