

GROUP FITNESS SCHEDULE

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