

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Morning					Weekend			
	5:15am <i>TRX Suspension</i> TRX Janet	5:15am <i>TRX Suspension</i> TRX Janet	5:15am <i>TRX Suspension</i> TRX Cynthia					
5:30am <i>Aerobics Room</i> Bootcamp Basics Paige	5:15am <i>Aerobics Room</i> HIIT 45 Vince	5:15am <i>Adv Training Center</i> Boot Camp Janet	5:15am <i>Aerobics Room</i> HIIT 45 Vince	5:30am <i>Adv Training Center</i> Bootcamp Basics Paige	8:00am <i>Outside</i> BattleCry Boot Camp Garrick			
	9:30am <i>Aerobics Room</i> Bootcamp Basics Lynn	9:30am <i>Aerobics Room</i> HIIT 45 Allison	9:00am <i>Advanced Training Center</i> Circuit Training Lynn	9:00am <i>Treadmills (45 mins)</i> Tread & Shed Lynn	9:00am <i>Cycle Room</i> Cycle Paige			
9:30am <i>Aerobics Room</i> Functional Strength Training Allison	9:30am <i>Cycle Room</i> Cycle Paige	10:00am <i>Advanced Training Center</i> Functional Strength Training Jenn	9:30am <i>TRX Suspension</i> TRX Eric	9:00am <i>Aerobics Room</i> Barbell Strength Jenn	10:00am <i>Treadmills</i> Tread & Shed Anthem			
9:30am <i>Adv Training Center</i> Boot Camp Judy	9:30am <i>TRX Suspension</i> TRX Allison	10:30am <i>Aerobics Room</i> Zumba Laura	9:30am <i>Cycle Room</i> Cycle Paige	10:00am <i>Advanced Training Center</i> Functional Strength Training Garrick	10:00am <i>Aerobics Room</i> Vinysas Flow Taylor			
10:30am <i>Aerobics Room</i> Zumba Laura	10:30am <i>Aerobics Room</i> Vinysas Flow Robin	11:00am <i>Advanced Training Center (30 mins)</i> Stretch & Roll Jenn	10:30am <i>Aerobics Room</i> Yoga for WARRIORS Lauren	11:00am <i>Advanced Training Center (30 mins)</i> Stretch & Roll Jenn	11:00am <i>Aerobics Room</i> Hip Hop Cardio Anthem			
11:30am <i>Aerobics Room</i> PIYO Aimi	11:30am <i>Aerobics Room</i> TurboKick Aimi	11:30am <i>TRX Suspension</i> HIIT 45 Judy	11:30am <i>Aerobics Room</i> TurboKick Aimi	10:30am <i>Aerobics Room</i> Zumba Tiffany				
11:30am <i>TRX Suspension</i> HIIT 45 Judy		11:30am <i>Aerobics Room</i> PIYO Aimi		11:30 am <i>Aerobics Room</i> YIN/Restorative Yoga Taylor				
Evening					<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 <i>Adv Training Center</i> Boot Camp Garrick	5:30pm <i>Adv Training Center</i> Bootcamp Basics Garrick	5:30pm <i>Advanced Training Center</i> Power Lifting 101 Garrick	5:30pm <i>Advanced Training Center</i> Functional Strength Training Garrick	5:00 pm <i>Advanced Training Center</i> Power Lifting 101 Garrick				
6:00pm <i>Cycle Room</i> Cycle Allison	5:30pm <i>Aerobics Room</i> Beginner Vinyasa Flow Katherine	5:30pm <i>Cycle Room</i> Cycle Heather	5:30pm <i>Aerobics Room</i> Beginner Vinyasa Flow Katherine					
6:30pm <i>Adv Training Center</i> Power Lifting 101 Garrick	6:30pm <i>Aerobics Room</i> Barbell Strength Training Judy	6:00pm <i>Aerobics Room</i> Hip Hop Cardio Anthem	6:30pm <i>Aerobics Room</i> Barbell Strength Training Judy					
6:00pm <i>Aerobics Room</i> Hip Hop Cardio Anthem	6:30pm <i>Cycle Room</i> Cycle Paige	6:15pm <i>TRX Suspension (15 mins)</i> Core Killer Allison	6:30pm <i>Cycle Room</i> Cycle Janet					
7:00pm <i>TRX Suspension (30 mins)</i> Stretch & Roll Allison	6:30pm <i>Lobby</i> Social Running Club Jenn	6:30pm <i>TRX Suspension</i> TRX Allison	6:30pm <i>Lobby</i> Social Running Club Jenn					
7:00pm <i>Aerobics Room</i> YIN YOGA Rumisa	7:30pm <i>Aerobics Room</i> Vinysas Flow Beth	7:00pm <i>Aerobics Room</i> YIN YOGA Rumisa	7:30pm <i>Aerobics Room</i> Vinysas Flow Beth					