

# GROUP FITNESS SCHEDULE

## CLASS INCLUDED IN YOUR MEMBERSHIP

MON	TUES	WED	THURS	FRI	SAT	SUN
5:35AM PEDAL & PUMP SARAH	5:35AM SPIN WILSTON	5:35AM BODY PUMP SARAH	5:35AM PEDAL & PUMP DEB	5:35AM BODY PUMP CHRISTINE	7:00AM SPIN WILSTON	7:30AM SPIN CHRISSIE
8:00AM CIRCUIT FUSION KIM M.	8:00AM SPIN KIM M.	8:00AM BODY PUMP KIM I.	8:15AM KICKBOX/CHISEL DANIELLE (45 MIN)	8:00AM BODY PUMP KIM M.	8:00AM SPIN MICHELLE	8:30AM BODYPUMP CHRISTINE
9:00AM CHISEL DANIELLE	9:00AM BODY PUMP KIM M.	9:00AM SPIN DEB (30 MINS)	9:00AM SPIN DANIELLE	9:00AM SPIN KIM M.	8:00AM FUSION FIT DANIKA	9:30AM STEP MARY (45 MINS)
10:00AM SPIN DANIELLE	10:00AM PILATES+ PAULA	9:30AM CHISEL EXPRESS DEB (30 MINS)	10:00AM PILATES DANIELLE	9:00AM STRETCH & TONE DANIELLE	9:00AM CHISEL/PILATES MICHELLE	
10:00AM FUSION FIT MARTA (45 MINS)	4:30PM SPIN MARY L.	4:30PM CARDIO MUSCLE JODI	4:30PM BODY PUMP CHRISTINE		10:00AM ZUMBA YELENA	
4:30PM ABS_olute GLUTES MICHELLE Z.	5:30PM CHISEL DANIKA	5:30PM SPIN JODI	5:30PM SPIN DANIKA			
5:30PM SPIN LYN	5:30PM CYCLE STRONG JODI (½ SPIN, ½ MUSCLE)	5:30PM ZUMBA TONING YELENA	6:30PM DRUMS ALIVE KATY (45 MINS)			
5:30PM ZUMBA YELENA	6:30PM DRUMS ALIVE ALICIA	6:30PM STRETCH & SCULPT MICHELLE	(Katy will take over DA when she is on maternity leave)			
6:30PM TABATA SUZANNE	(Katy will take over DA when she is on maternity leave)					



\*All recent changed are **bold**. \*Schedule is subject to change based on class attendance, the degree of drama we feel like creating and/or a myriad of unforeseen circumstances. Yes, life is full of surprises.

All subs or class changes are posted on the white board in the group x hallway