

GROUP FITNESS SCHEDULE

MONDAY

5:00AM
CYCLING
DAWN

8:00AM
AQUAFIT
MJ

9:30AM
BODYPUMP
DOMINIQUE

5:30PM
ZUMBA
JAMIE

5:30PM
CYCLING
JULIE

6:45PM
TOTALCORE X
JULIE

6:45PM
YOGA
LINDSEY

6:45PM
TRX
DOMINIQUE

TUESDAY

5:30AM
TRX
DAWN

8:00AM
AQUAFIT
MJ

9:30AM
HIIT30
JULIE

9:30AM
SENIOR WOMEN'S CIRCUIT
MJ

10:05AM
BARRE EXPRESS
JULIE

12:15PM
CYCLING
JULIE

5:30PM
BODYPUMP
LISA K / KRIS

5:30PM
BARRE ABOVE
PEPPER

5:30PM
CYCLING
CHRIS (STARTS FEB 6TH)

6:45PM
POUND
JESSICA

WEDNESDAY

5:00AM
CYCLING
DAWN

8:00AM
AQUAFIT
MJ

9:00AM
AQUAFIT
MJ

9:30AM
BODYPUMP
DOMINIQUE

10:00AM
YOGA
RINZEN

5:30PM
CYCLING
JULIE

5:30PM
ZUMBA
JESSICA

6:30PM
TOTALCORE X
JULIE

6:45PM
YOGA
RINZEN

6:45PM
TRX
DOMINIQUE

THURSDAY

5:30AM
TRX
DAWN

8:00AM
AQUAFIT
MJ

9:30AM
HIIT30
JULIE

9:30AM
SENIOR WOMEN'S CIRCUIT
MJ

10:05AM
BARRE EXPRESS
JULIE

12:15PM
CYCLING
JULIE

5:30PM
BARRE ABOVE
PEPPER

5:30PM
BODYPUMP
LISA K / KRIS

5:30PM
CYCLING
CHRIS (STARTS FEB 6TH)

6:00PM
AQUAFIT
MJ

6:45PM
POUND
JESSICA

FRIDAY

5:00AM
CYCLING
DAWN

8:00AM
AQUAFIT
MJ

9:00AM
AQUAFIT
MJ

9:30AM
BODYPUMP
DOMINIQUE

10:00AM
BEGINNER YOGA
RINZEN

5:30PM
ZUMBA
JESSICA

SATURDAY

8:00AM
CYCLING
CHRIS

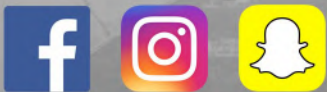
7:00AM
YOGA
RINZEN

9:30AM
BODYPUMP
LISA K / KRIS

SUNDAY

9AM
ZUMBA
JAMIE

Connect
With Us!



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