



Group Fitness Schedule - Week of September 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Chapple	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Chapple	Cardio Strength 5:30-6:15 Sherrie		
7AM	Ruck 5:30-6:15 Jonathan	Ruck 5:30-6:15 Robbie	Ruck 5:30-6:15 Jonathan	Ruck 5:30-6:15 Robbie	Ruck 5:30-6:15 Jonathan		
8AM						Barbell Fitness 8:00-8:45 Chapple	
9AM	Fit, Fun, Function 8:30-9:30 Julie	Hit & Fit 8:30-9:30 Julie	Step Aerobics 8:30-9:30 Maranda	Hit & Fit 8:30-9:30 Maranda	Low, Slow Flow 8:30-9:30 Julie	Cycling 9:00-9:45 Sharon	
10AM	Active & Ageless 10:00-11:00 Megan	Silver & Fit 9:45-10:45 Bula	Active & Ageless 10:00-11:00 Megan	Silver & Fit 9:45-10:45 Bula	Active & Ageless 10:00-11:00 Megan	Pound 10:00-11:00 Caitlin	
11AM	Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan		
12PM							
1PM							
2PM							
3PM							
4PM							
5PM		Cycling 4:30-5:15 Sharon	Yoga Fit 4:30-5:30 Carrie	Cycling 4:30-5:15 Sharon			
6PM	Barbell Fitness 5:30-6:30 Chapple	Dance2 Fit 5:45-6:30 Caitlin		Power Yoga Fusion 5:30-6:15 Julie	Beginner Cycling 5:30-6:15 Bruce		
7PM							