



# Group Fitness Schedule - Week of September 16

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



# Group Fitness Schedule – Week of September 2

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