



Group Fitness Schedule - Week of December 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Jill	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Jill	Cardio Strength 5:30-6:15 Sherrie		
6AM							
7AM							
8AM	Fit, Fun, Function 8:30-9:30 Julie	Hit & Fit 8:30-9:30 Whitney	Step Aerobics 8:30-9:30 Maranda	Hit & Fit 8:30-9:30 Whitney	Low, Slow Flow 8:30-9:30 Julie	Barbell Fitness 8:00-8:45 Chapple	
9AM						Cycling 9:00-9:45 Sharon	
10AM	Active & Ageless 10:00-11:00 Megan	Silver & Fit 9:45-10:45 Whitney	Active & Ageless 10:00-11:00 Megan	Silver & Fit 9:45-10:45 Whitney	Active & Ageless 10:00-11:00 Megan	POUND 10:00-11:00 Tyra	
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		Cycling 4:30-5:15 Sharon	Yoga Fit 4:30-5:30 Carrie	Cycling 4:30-5:15 Sharon			
5PM	Barbell Fitness 5:30-6:30 Chapple	POUND 5:45-6:45 Tyra		Power Yoga Fusion 5:30-6:15 Julie	Beginner Spin 5:15-6:00 Bruce		
6PM							
7PM							