



Group Fitness Schedule – Week of April 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM			Ruck 5:30-6:15 Jon				
6AM	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Jill Vinyasa Flow Yoga 6:30-7:30 Jordyn	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Jill	Cardio Strength 5:30-6:15 Sherrie		
7AM							
8AM							
9AM	Fit, Fun & Function 8:30-9:30 Julie	HIIT & Fit 8:30-9:30 Whitney	Step Aerobics 8:30-9:30 Maranda	HIIT & Fit 8:30-9:30 Whitney	Low, Slow Flow 8:30-9:30 Julie	Cycling 9:00-9:45 Sharon	
10AM	Active & Ageless 10:00-11:00 Megan	Silver & Fit 10:00-10:45 Whitney	Active & Ageless 10:00-11:00 Megan	Silver & Fit 10:00-10:45 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	Mommy & Me Postpartum Yoga 11:00-11:45 Jordyn	Enhance Fitness 11:15-12:15 Megan		
12PM							
1PM							
2PM							
3PM							
4PM							
5PM			Yoga Fit 4:30-5:30 Carrie				
6PM	Barbell Fitness 5:30-6:30 Chapple	HIIT & Fit 5:30-6:30 Whitney		Yoga Power Fusion 5:30-6:15 Julie			
7PM							