



Group Fitness Schedule: September 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am			Cycling (Amy)		Cycling (Amy)	
8:00am						Tone & Sculpt (Jen)
8:15am	Mat Pilates (Paula)		Mat Pilates (Paula)			
9:00am	Cycling (Amy)					Total Body Fitness (Tara)
9:30am	Senior Fit (Kristin)		Senior Fit (Kristin)		Senior Fit (Kristin)	
12:00pm	Ab Blast (James)	Step Fitness (Kristin)	Calorie Burn (Diantre)	Total Body Fitness (James)		
5:30pm		Yoga (Pam)	Total Body Fitness (Tara)	Yoga (Pam)		
5:45pm	Inferno 30 (Kristin)					
6:30pm		Turbo Tone (Blake)		Turbo Tone (Blake)		

- Classes Marked with a "\$" require an additional fee.
- September schedule begins 9/4/2018