

MONDAY

5:15 a.m. Morning Strength (25 min G2) Kellie *

6:00 a.m. Spin (50 min in Spin Room) Kellie

7:00 a.m. Yoga Flow (50 min G2) Kellie

8:00 a.m. Pilates/Barre (50 min in G2) Garnett

9:00 a.m. Tabata (50 min in G2) Kellie

Noon ZOOM Desk Fitness (20 min. Kellie)
ID: 890 410 4933 Passcode: 727728

4:30 p.m. Bootcamp (50 min main floor) Angie *

5:30 p.m. Intro to Weightlifting (50 min main floor) Jeff *

5:30 p.m. Spin (50 min spin room) Angie *

THURSDAY

5:30 a.m. Spin (50 min in G2) Kellie

6:30 a.m. Yoga (50 min in G2) Kellie

9:00 a.m. Core Strength (50 min G2) Wendy

4:00 p.m. Kids Fit Express (25 min main floor) Kellie

4:30 p.m. Barre Express (25 min in G2) Kellie

5:00 p.m. Total Body Fit (50 min in G2) Kellie

6:00 p.m. Stretch (25 min in G2) Kellie

6:00 p.m. Functional Fit (50 min main floor) Jeff *

TUESDAY

6:30 a.m. Functional Fit (50 min main floor) Jeff *

9:00 a.m. Ski/Rower Fit (50 min on floor) Wendy

9:30 a.m. Spin (50 min spin room) Angie *

4:00 p.m. Barre Express (25 min in G2) Kellie

4:30 p.m. Tabata (50 min in G2) Kellie

4:30 p.m. Express Boxing (25 min) Matt

5:30 p.m. Total Body Fit (50 min) Kellie

6:30 p.m. Stretch class (25 min in G2) Kellie

FRIDAY

5:15 a.m. Morning Strength (25 min G2) Kellie *

6:00 a.m. Spin (50 min in Spin Room) Kellie

7:00 a.m. Spin & Sculpt (50 min in Spin Room) Kellie

9:30 a.m. Step & Sculpt (50 min G2) Angie *

Wednesday

5:15 a.m. Morning Strength (25 min G2) Angie *

7:30 a.m. Intro to Weightlifting (50 min main floor) Jeff *

9:00 a.m. Boxing Bootcamp (50 min) Matt

10:00 a.m. Total Body Fit (50 min G2) Wendy

4:00 p.m. Kids Fitness (25 min main floor) Kellie

4:30 p.m. Core Strength (50 min in G2) Kellie

5:30 p.m. Spin (50 min in Spin Room) Kellie *

6:30 p.m. Yoga Flow (50 min in G2) Kellie

SATURDAY

7:00 a.m. Bootcamp (50 min on Track) Kellie

8:00 a.m. Spin (50 min in Spin Room) Kellie

9:00 a.m. Kids Fit class (50 min main floor) Kellie

10:00 a.m. Stretch (25 min in G2) Kellie

11:00 a.m. Yoga Flow (50 min in G2) Kellie

