

# Group Fitness Class Schedule

## MONDAY

Class	Instructor	Location
<b>CXWorx Express</b>	Deb	Studio 3 (gym)
<b>BODYPUMP</b>	Deb	Studio 3 (gym)
<b>RPM</b>	JoAn	RPM Studio(track)
<b>Sh'Bam</b>	Karen	Studio 1
<b>CXWorx</b>	Joy	Studio 1
<b>BODYSTEP</b>	Joy	Studio 3 (gym)
<b>BODYVIVE</b>	Stephanie	Studio 1
<b>RPM</b>	JB	RPM Studio (track)
<i>Zumba</i>	Andrea	Studio 1
<b>BODYPUMP</b>	Leiana	Studio 3 (gym)
<b>BODYATTACK</b>	Leslie	Studio 3 (gym)
<b>BODYFLOW</b>	Liz	Studio 1
<b>RPM</b>	Amy	RPM Studio (track)
<b>BODYPUMP</b>	Brandon	Studio 3 (gym)
<b>BODYSTEP</b>	Kalee	Studio 1
<i>Ultimate Fitness</i>	Ricco	Track
<b>Sh'Bam</b>	JB	Studio 1
<b>BODYPUMP</b>	Lynn	Studio 3 (gym)
<b>BODYFLOW</b>	Dawn	Studio 1

## TUESDAY

Class	Instructor	Location
<b>BODYFLOW</b>	Holly	Studio 1
<b>RPM</b>	JG	RPM Studio(track)
<b>BODYSTEP</b>	Karen	Studio 3 (gym)
<i>Light n Low</i>	Teresa	Studio 1
<b>BODYATTACK EXP</b>	Leslie	Studio 3 (gym)
<i>Ultimate Fitness</i>	Ricco	Track
<i>Body and Soul</i>	Dawn	Studio 1
<b>CXWorx</b>	Dawn	Studio 1
<b>BODYPUMP</b>	Joy	Studio 3 (gym)
<b>BODYFLOW EXPRESS</b>	Amanda	Studio 1
<b>BODYPUMP</b>	Leiana	Studio 3 (gym)
<b>BODYCOMBAT</b>	Amy	Studio 3 (gym)
<b>BODYFLOW EXPRESS</b>	Leiana	Studio 1
<i>Ultimate Fitness</i>	Rocco	Track
<b>RPM</b>	JB	RPM Studio(track)
<i>Zumba</i>	Dawn	Studio 1
<b>BODYVIVE</b>	Jen W	Studio 3 (gym)

## WEDNESDAY

Class	Instructor	Location
5:10a.m. - 5:25a.m.	Deb	Studio 3 (gym)
5:30a.m. - 6:30a.m.	Deb	Studio 3 (gym)
5:30a.m. - 6:20a.m.	JB	RPM Studio(track)
5:30a.m. - 6:15a.m.	Holly	Studio 1
8:25a.m. - 8:55a.m.	Joy	Studio 1
9:00a.m. - 10:00a.m.	Joy	Studio 3 (gym)
9:10a.m. - 10:10a.m.	Stephanie	Studio 1
9:30a.m. - 10:15a.m.	Ricco	Track
10:30a.m. - 11:20a.m.	Denise	RPM Studio(track)
11:25a.m. - 11:50a.m.	Denise	Studio 1
12:00p.m. - 1:00p.m.	Amy	Studio 3 (gym)
4:30p.m. - 5:30p.m.	Kalee	Studio 3 (gym)
4:30p.m. - 5:30p.m.	Leiana	Studio 1
4:30p.m. - 5:20p.m.	Joy	RPM Studio (track)
5:30p.m. - 6:30p.m.	Amy	RPM Studio (track)
5:45p.m. - 6:45p.m.	Brandon	Studio 3 (gym)
5:45pm - 6:45p.m.	Brooke	Studio 1
7:00p.m. - 8:00p.m.	Leslie	Studio 1
7:15p.m. - 8:15p.m.	Lynn	Studio 3 (gym)

## THURSDAY

Class	Instructor	Location
5:15am - 6:00a.m.	Holly	Studio 1
5:30a.m. - 6:20a.m.	JB/JG	RPM Studio(track)
5:30a.m. - 6:30a.m.	Karen	Studio 3(gym)
8:00a.m. - 9:00a.m.	Teresa	Studio 1
8:25a.m. - 9:05a.m.	Lynn	Studio 3 (gym)
9:00a.m. - 10:00a.m.	Ricco	Track
9:05a.m. - 9:50a.m.	Dawn	Studio 1
9:50a.m. - 10:25a.m.	Dawn	Studio 1
9:15a.m. - 10:15a.m.	Joy	Studio 3 (gym)
10:35a.m. - 11:20a.m.	Amanda	Studio 1
4:30p.m. - 5:30p.m.	Kim	Studio 3 (gym)
5:10p.m. - 5:40p.m.	Joy	RPM Studio(track)
5:45p.m. - 6:45p.m.	Jen W	Studio 1
5:45p.m. - 6:45p.m.	Kalee	Studio 3 (gym)
6:00p.m. - 6:50p.m.	Rocco	Track
6:00p.m. - 6:50p.m.	Amy	RPM Studio(track)
6:55p.m. - 7:55p.m.	Leslie	Studio 3 (gym)
7:00p.m. - 8:00p.m.	Dawn	Studio 1

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FRIDAY	Class	Instructor	Location
5:10a.m. - 5:25a.m.	<b>CXWorx Express</b>	Deb	Studio 3 (gym)
5:30a.m. - 6:30a.m.	<b>BODYPUMP</b>	Deb	Studio 3 (gym)
5:30a.m. -6:20a.m.	<b>RPM</b>	JG	RPM Studio(track)
8:20a.m. - 9:05a.m.	<b>BODYSTEP EXPRESS</b>	Karen	Studio 1
8:40a.m. - 8:55a.m	<i>Power Abs</i>	Liz	Studio 3 (gym)
9:00a.m. - 9:45a.m.	<b>Sh'bam</b>	JB	Studio 3 (gym)
9:10a.m. - 10:10a.m.	<b>BODYVIVE</b>	Stephanie	Studio 1
9:15a.m. - 10:05a.m.	<b>RPM</b>	Joy	RPM Studio (track)
10:15a.m. - 11.15a.m.	<b>BODYFLOW</b>	Liz	Studio 1
10:30a.m. - 11:20a.m.	<b>RPM</b>	Denise	RPM Studio (track)
11:25a.m. - 11:50a.m.	<b>CXWorx</b>	Denise	Studio 1
12:00p.m. - 1:00p.m.	<b>BODYPUMP</b>	Amy	Studio 3 (gym)
4:30p.m. - 5:30p.m.	<b>BODYCOMBAT</b>	Liz	Studio 3 (gym)
5:45p.m. - 6:45p.m.	<b>BODYPUMP</b>	Lisa	Studio 3 (gym)

SUNDAY	Class	Instructor	Location
12:20p.m. - 12:50p.m.	<b>CXWORX</b>	Denise	Studio 1
1:00p.m. - 1:50p.m.	<b>RPM</b>	Denise	RPM Studio(track)
2:30p.m. - 3:30p.m.	<b>BODYPUMP</b>	Lisa	Studio 3 (gym)
3:45p.m.-4:45p.m.	<b>BODYFLOW</b>	Leslie	Studio 1
4:00p.m. - 4:50p.m.	<i>Fitness Challenge</i>	Lynn	Studio 3 (gym)
5:15p.m. - 6:15p.m.	<b>BODYCOMBAT</b>	Liz, Br, W	Studio 3 (gym)
5:15p.m. - 6:15p.m.	<b>BODYFLOW</b>	Leiana	Studio 1

SATURDAY	Class	Instructor	Location
7:30a.m. - 8:30a.m.	<b>BODYPUMP</b>	Brandon	Studio 3 (gym)
8:00a.m. - 9:00a.m.	<i>Ultimate Fitness</i>	Ricco	Track
8:35a.m. - 9:05a.m.	<b>CXWORX</b>	Joy	Studio 1
9:00a.m. - 10:00a.m.	<i>Ultimate Fitness</i>	Ricco	Track
8:45a.m.-9:35a.m.	<b>RPM</b>	JB	RPM Studio(track)
9:10a.m. - 9:55a.m.	<b>BODYFLOW Express</b>	Amanda	Studio 1
9:10a.m. - 10:10a.m.	<b>BODYCOMBAT</b>	Joy/Liz	Studio 3 (gym)
10:00am - 11:00am	<b>BODYATTACK</b>	Amy	Studio 1
10:15a.m.-11:00a.m.	<b>Sh'bam</b>	Karen	Studio 3 (gym)
1:10p.m. - 2:10p.m.	<b>BODYSTEP</b>	Kalee	Studio 1
2:30p.m. - 3:30p.m.	<b>BODYPUMP</b>	Leiana/Lynn	Studio 3 (gym)

INTRO CLASSES	Day	Time	Location
<b>Intro to BODYPUMP</b>	1st Sun of month	2:15pm-2:30pm	Studio 3 (gym)
<b>Intro to BODYFLOW</b>	1st Sun of month	5p.m. -5:15	Studio 1
<b>Intro to BODYSTEP</b>	1st Sat of month	12:30pm -12:50	Studio 1