

Group Fitness Class Schedule

MONDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:10a.m. - 5:25a.m.	<i>Abs</i>	Buffy	Studio 1
5:30a.m. - 6:30a.m.	BODYPUMP	Buffy	Studio 1
5:30a.m. -6:20a.m.	RPM	Kim	RPM Studio/Track
8:35a.m. - 9:05a.m.	CXWORX	Leslie	Studio 3
9:10a.m. - 10:10a.m.	TONE/VIVE	Stephanie	Studio 3
9:15a.m. - 10:00a.m.	BODYATTACK	Kristy	Studio 1
9:15a.m. - 10:05a.m.	RPM	Marti	RPM Studio/Track
9:30a.m. - 10:15a.m.	<i>Fit Life for Seniors</i>	Megan	Senior/Miller Room
10:20a.m.-11:20a.m.	<i>Zumba</i>	Melanie	Studio 3
10:30a.m. - 11:30a.m.	BODYPUMP	Megan	Studio 1
4:30p.m. - 5:30p.m.	BODYATTACK	Ashley	Studio 1
4:30p.m. - 5:30p.m.	BODYFLOW	Leslie	Studio 3
5:45p.m. - 6:35p.m.	BODYPUMP	Holly	Studio 1
5:45pm - 6:45p.m.	BODYSTEP	Heidi	Studio 3
6:00p.m.-6:50p.m.	RPM	Tom	RPM Studio/Track
6:35p.m.-7:05p.m.	CXWORX	Holly	Studio 1
7:00p.m.-8:00p.m.	BODYFLOW	Karen	Studio 2
7:15p.m.-8:15p.m.	BODYPUMP	Lynn	Studio 1
7:30p.m. - 8:30p.m.	<i>WERQ</i>	Natalie	Studio 3

TUESDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:15a.m. - 6:00a.m.	BODYFLOW	Holly	Studio 3
5:30a.m.-6:30a.m.	BODYSTEP	Karen	Studio 1
5:30a.m.-6:00a.m.	SPRINT	JG	RPM Studio/Track
8:20a.m. - 9:20a.m.	<i>Light n Low</i>	Teresa	Studio 3
8:30a.m. - 9:00a.m.	GRIT	Stephanie	Studio 1
9:05a.m. -10:00a.m.	<i>Ultimate Fitness</i>	Andrew	Personal Training Studio
9:15a.m. - 10:15a.m.	BODYPUMP	Leslie	Studio 1
9:50a.m.-10:25a.m.	CXWORX	Chelsie	Studio 3
10:30a.m.-11:30a.m.	BODYFLOW	Leslie	Studio 1
4:30p.m. - 5:30p.m.	BODYPUMP	Chelsie	Studio 1
5:30p.m.-6:00p.m.	CXWORX	Brittany	Studio 2
5:45p.m. - 6:45p.m.	BODYCOMBAT	Rebecca	Studio 3
6:00p.m.- 6:30p.m.	GRIT STR/CARDIO	Alok	Studio 1
6:00p.m.- 6:50p.m.	RPM	Kim	RPM Studio/Track
7:00p.m.- 8:00p.m.	<i>Zumba</i>	Melanie	Studio 3
7:00p.m. - 8:00p.m.	BODYATTACK	Lynn	Studio 1

WEDNESDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:10a.m. - 5:25a.m.	<i>Abs</i>	Buffy	Studio 1
5:30a.m. - 6:30a.m.	BODYPUMP	Buffy	Studio 1
5:30a.m. - 6:20a.m.	RPM	Marti/Kim	RPM Studio
8:30a.m. - 9:20a.m.	RPM	Denise	RPM Studio
8:35a.m. - 9:05a.m.	CXWORX	Leslie	Studio 3
9:10a.m. - 10:10a.m.	TONE/VIVE	Stephanie	Studio 3
9:15a.m. - 10:15a.m.	BODYSTEP	Chelsie	Studio 1
9:30a.m. - 10:15a.m.	<i>Fit Life for Seniors</i>	Megan	Senior/Miller Room
10:20a.m.-11:20a.m.	<i>Zumba</i>	Melanie	Studio 3
10:30a.m. - 11:30a.m.	BODYPUMP	Megan	Studio 1
11:30a.m.- 12:15p.m.	<i>Ballet Barre</i>	Gloria	Studio 2
4:30p.m. - 5:15p.m.	BODYATTACK EXP	Ashley	Studio 1
4:30p.m. - 5:30p.m.	BODYFLOW	Megan	Studio 3
5:45p.m. - 6:45p.m.	BODYPUMP	Holly	Studio 1
5:45p.m. - 6:45p.m.	BODYCOMBAT	Brittany	Studio 3
7:00p.m. - 8:00p.m.	BODYFLOW	Kristin	Studio 3
7:00p.m. - 8:00p.m.	<i>WERQ</i>	Natalie	Studio 2
7:15p.m.-8:15p.m.	BODYPUMP	Lynn	Studio 1

THURSDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:15a.m. - 6:00a.m.	BODYFLOW	Holly	Studio 3
5:30a.m. - 6:30a.m.	BODYSTEP	Karen	Studio 1
5:30a.m. - 6:00a.m.	SPRINT	JG	RPM Studio/Track
8:20a.m.-9:20a.m.	<i>Light -n- Low</i>	Teresa	Studio 3
8:25a.m.-9:05a.m.	<i>Fitness Challenge</i>	Lynn	Studio 1
9:05a.m.-10:00a.m.	<i>Ultimate Fitness</i>	Andrew	Personal Training Studio
9:15a.m. - 10:15a.m.	BODYPUMP	Leslie	Studio 1
9:50a.m. - 10:25a.m.	CXWORX	Chelsie	Studio 3
10:30a.m - 11:30a.m.	BODYFLOW	Leslie	Studio 1
4:30p.m. - 5:30p.m.	BODYPUMP	Chelsie	Studio 1
5:00p.m. - 5:40p.m.	<i>Ballet Barre</i>	Gloria	Studio 2
5:30p.m.-6:00p.m.	CXWORX	Brittany	Studio 3
6:00p.m. - 6:30p.m.	GRIT CARDIO	Alok	Studio 1
6:00p.m.-6:50p.m.	BODYCOMBAT	Ashley	Studio 3
6:00p.m. - 6:50p.m.	RPM	Tom	RPM Studio/Track
6:35p.m. - 7:20p.m.	BODYSTEP EXP	Abby	Studio 1
7:00p.m. - 8:00p.m.	<i>Zumba</i>	Melanie	Studio 3
7:00p.m. - 8:00p.m.	BODYFLOW	Lizzie	Studio 2

Group Fitness Class Schedule

FRIDAY

	Class	Instructor	Location
5:10a.m. - 5:25a.m.	Abs	Karen	Studio 1
5:30a.m. - 6:15a.m.	BODYPUMP EXP	Karen	Studio 1
8:00a.m. - 8:30a.m.	SPRINT	Denise	RPM Studio/Track
8:35a.m. - 9:05a.m.	CXWORX	Leslie	Studio 3
9:10a.m. - 10:10a.m.	TONE/VIVE	Stephanie	Studio 3
9:15a.m. - 10:15a.m.	BODYSTEP	Chelsie	Studio 1
9:15a.m. - 10:05a.m.	RPM	Marti	RPM Studio/Track
10:30a.m. - 11:30a.m.	BODYFLOW	Chelsie	Studio 3
10:30a.m. - 11:30a.m.	BODYPUMP	Megan	Studio 1
10:30a.m. - 11:15a.m.	<i>Dance with Gloria</i>	Gloria	Studio 2
11:30a.m. - 12:15p.m.	<i>Ballet Barre</i>	Gloria	Studio 2
5:45p.m. - 6:30p.m.	BODYPUMP EXP	Ashley	Studio 1

SUNDAY

	Class	Instructor	Location
2:30p.m. - 3:30p.m.	BODYPUMP	Ashley	Studio 1
3:20p.m. - 4:20p.m.	BODYCOMBAT	Brittany	Studio 3
4:30p.m. - 5:30p.m.	BODYFLOW	Leiana	Studio 1
4:30p.m. - 5:00p.m.	GRIT STRENGTH	Alok	Studio 3

KIDS CLASSES

MONDAY

	Class	Instructor	Location
9:00a.m.-11:00a.m.	<i>Growing Strong</i>		Gym

WEDNESDAY

	Class	Instructor	Location
9:00a.m.-11:00a.m.	<i>Growing Strong</i>		Gym

FRIDAY

	Class	Instructor	Location
9:00a.m.-11:00a.m.	<i>Growing Strong</i>		Gym

***Kids attending Growing Strong must go through the Kids Clubhouse first to check in

SATURDAY

	Class	Instructor	Location
7:30a.m. - 8:30a.m.	BODYPUMP	Chelsie	Studio 1
8:35a.m. - 9:05a.m.	CXWORX	Chelsie/Leslie	Studio 3
8:35a.m. - 9:05a.m.	GRIT	Brittany	Studio 1
8:45a.m. - 9:35a.m.	RPM	JB	RPM Studio/Track
9:10a.m. - 10:10a.m.	BODYCOMBAT	Rebecca	Studio 3
9:15a.m. - 10:15a.m.	BODYFLOW	Leslie	Studio 1

*New time, class, or Studio

INTRO CLASSES

	Day	Time	Location
Intro to BODYPUMP	1st Sun of month	2:15p.m.- 2:30p.m.	Studio 1
Intro to BODYFLOW	1st Sun of month	4:15p.m.- 4:30p.m.	Studio 1
Intro to RPM	1st Sat of month	8:30a.m.-8:45a.m.	RPM Studio/Track

Pickleball

Open 18 years and older:

Monday-Friday 9am-11am

Saturday & Sunday 8am-11am

(Sunday 10am - 11am 18 and under allowed with a parent)

Monday 5:30pm-7:30pm All ages but 18 and under need to be with a parent

Members are Free

Non-members are \$4