

GROUP FITNESS SCHEDULE



STRENGTH



DANCING



CYCLING



CARDIO



PEACEFUL



SENIOR SPECIFIC

NOTE* If class attendance is low classes will be canceled.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY AM	***** SIGN UP REQUIRED	5:45 EARLY BIRD Metabolic Circuit Vicki 45 min WT Room		5:45 EARLY BIRD Metabolic Circuit Vicki 45 min WT Room		5:30 RIDE N' SHINE SPINN Cameron 60 min 2nd FL	***** SIGN UP REQUIRED
8:45 AM	8:00 CARDIO ROOM DRILLS (Treads and Ellipticals) 30 MIN CLASS		ROCKBODY Kathleen 45 min Studio	W8 ROOM TABATA CIRCUIT Jones 15 min WT Room	CARDIO KICKBOX & DLA XPRESS Vicki 45 min Studio		8:30 INSTRUCTORS PICK
9:00 AM	8:30AM YOGA 60 MIN CLASS	SPINN Jones 60 min 2nd FL	9:30 RACE DAY SPINN Kathleen 45 min 2nd FL	H.I.I.T. THAT STEP Jones 45 min Studio	 45 min Studio	SPINN Jones 60 min 2nd FL	SEE FACEBOOK OR LIST IN LOBBY FOR CLASS POSTINGS *****
9:30 AM	BOTH WITH CAMERON *****		ZUMBA Vicki 30 min Studio	9:45 BUTTS N' GUTTS Jones 15 min Studio	ZUMBA Vicki 30 min Studio		
10:00 AM		YOGA Jones 60 min 2nd FL	BABY GOT BACK "BUTT" Vicki 30 min Studio			GET ON THE BALL Jones 30 min Studio	
11:00 AM				SENIOR SPECIFIC EXERCISE Deidra 60 min Studio		SENIOR INTERVAL CARDIO Deidra 60 min Studio	
4:30 PM		SPINN Vicki 60 min 2nd FL		CIRCUIT CHALLENGE Deidra 60 min Studio	SPINN Vicki 60 min 2nd FL		
5:30 PM				H.I.I.T. CARDIO Deidra 30 min Studio			
6:00 PM		BABY GOT BACK "BUTT" Vicki 30 min Studio	CARDIO KICKBOX Vicki 60 min Studio	CARDIO BLAST June 30 min Studio			
6:15 PM		YOUTH CROSSFITNESS		YOUTH CROSSFITNESS	YOUTH CROSSFITNESS		
6:30 PM		ZUMBA Vicki 45 min Studio		TANK TOP 365 June 30 min Studio	ROCKBODY Kathleen 45 min Studio		
6:30 PM		SPINN Cameron 60 min 2nd FL	BEGINNER/INTERVAL SPINN June 30/60 min 2nd FL	SPINN Mike 60 min 2nd FL			UTA KARATE* Master Joe
7:00 PM			UTA KARATE* Master Joe	YOGA Cameron 60 min Studio	7:15 YOGA 4 ATHLETES Kathleen 30 min Studio		
7:30 PM		POWER FLOW YOGA Harold 60-90 min Studio					



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