

Group Fitness Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY AM	8:00 Tabata BOOT CAMP Deidra 30 min Studio			5:45 EARLY BIRD Metabolic Circuit Vicki 45 min WTRoom		5:30 RIDE n' SHINE SPINN Cameron 60 min 2nd FL	
8:30 AM	TABATA SPINN Deidra 30 min 2nd FL		Rock Body RE-MIX Kathleen 30 min Studio	WT Room Circuit Jones 30 min WTRoom	Cardio KICKbox Vicki 30 min Studio		
9:00 AM		SPINN Jones 60 min 2nd FL	IRON Yoga Kathleen 30 min Studio	H.I.I.T. That Step Jones 45 min Studio	DLA xpress Vicki 30 min Studio	SPINN Jones 60 min 2nd FL	
9:30 AM			ZUMBA Vicki 30 min Studio		ZUMBA Vicki 30 min Studio		
10:00 AM		YOGA-lates Jones 60 min Studio	Shockwave Circuit Vicki 30 min Studio	TABATA SPINN Lisa 30 min 2nd FL	GLIDE-N' Vicki 15 min Studio	Get on the BALL Jones 30 min Studio	
11:00 AM				Senior Specific Exercise Deidra 60 min Studio			
4:30 PM		SPINN Vicki 60 min 2nd FL		BOOT CAMP Deidra 60 min Studio	SPINN Vicki 60 min 2nd FL		
5:30 PM		Shockwave Circuit Vicki 30 min Studio	Target & TONE Vicki 30 min Studio				
6:00 PM		ZUMBA Vicki 45 min Studio	Cardio KICKbox 30 & DLA 30 Vicki 60 min Studio	Tank TOP 365 June 30 min Studio	H.I.I.T. CARDIO Deidra 30 min Studio		
6:30 PM		TABATA SPINN Cameron 30 min 2nd FL	Beginner Interval SPINN June 60 min 2nd FL	SPINN Mike 60 min 2nd FL	Rock Body RE-MIX Kathleen 30 min Studio	UTA KARATE Master Joe 717-855-0415	
PM		7:00 Power Flow YOGA Harold 60 min Studio	UTA KARATE Master Joe 717-855-0415	6:30 YOGA Fusion Cameron 60 min Studio	7:00 Power Flow YOGA Kelly 60 min Studio	 us on Facebook 717-456-9334 www.modelafitness.com	



Effective JUNE 15