

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
7:30a		Body Shred 30 Maddie		Body Shred 30 Maddie			
8:00a							
8:30a	Cardio Strength Pam	Functional Fitness Jeananne	Cardio Strength Pam	Bosu Total Body Tracy	Cardio Strength Pam	Body Shred Lois	
9:00a							
9:15a							
9:30a	Diesel Conditioning Tracy		Diesel Conditioning Tracy		Diesel Conditioning Tracy		
9:45a							
10:30a		Definitions Jennifer		Definitions Jennifer			
11:00a					Basic Conditioning Pam Greer		
AFTERNOON/EVENING							
3:00p	Basic Conditioning Pam		Basic Conditioning Pam				
4:30p	Cardio Strength Pam		Cardio Strength Pam				
5:30p	Body Shred Lois	Definitions Jeananne	Body Shred Lois	Definitions Sue			
6:30p							

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a							
6:00a	Studio Cycle		Studio Cycle		Studio Cycle		
8:00a		Cycle 30 Lois		Cycle 30 Lois			
8:30a	Studio Cycle 45 Monica	Core Cuts Lois	Studio Cycle 45 Jennifer	Core Cuts Lois	Studio Cycle 45 Jennifer	Studio Cycle	
9:00a							
9:15a		Studio Cycle Becky		Studio Cycle Becky			
9:30a	Studio Cycle Monica		Studio Cycle Katie		Studio Cycle Katie	Studio Cycle	
9:45a							
10:00a							Studio Cycle Becky Benton
12:00p		Studio Cycle Catherine		Studio Cycle Catherine			
AFTERNOON/EVENING							
4:00p							Studio Cycle Catherine
5:30p	Studio Cycle Allyson	Studio Cycle Irish	Studio Cycle Allyson	Studio Cycle			

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
8:00a		Warrior Flow Jim		Warrior Flow Kristen			
8:30a							Solar Flow 75 Jim
9:15a	Solar Flow 75 Cathy	Warrior Flow Gretchen	Solar Flow 75 Katherine	Warrior Flow Cathy	Solar Flow 75 Curtis		
9:30a		Barre Fusion Lois		Barre Fusion Eli		Barre Jeananne	
9:45a							
10:45a	Deep Stretch Katherine	Deep Stretch Tracy	Deep Stretch Tracy	Deep Stretch Cathy	Deep Stretch Curtis	All Levels Yoga Molly	
12:00p	Barre Fusion Jeananne		Barre Fusion Jim		Barre Fusion Eli		
12:15p		Warrior Flow Kaitlin	Warrior Flow Darcy	Warrior Flow Darcy	Warrior Flow Gretchen		
AFTERNOON/EVENING							
4:30p		Barre Jim McKenrick					
5:00p							Warrior Flow Celia
5:45p		Solar Flow 75 Darcy	All Levels Yoga Celia	Deep Stretch Darcy			
6:30p	Warrior Flow 75 Jim						
7:15p		Deep Stretch Darcy					

Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:15a	Redzone Express Yancey						
6:00a			RedZone Robert				
7:00a	RedZone Yancey		RedZone Robert		RedZone Megan		
8:00a		RedZone Elizabeth		Redzone Larsyn			
8:15a	RedZone Yancey		RedZone Robert		RedZone Megan		
8:30a						RedZone Megan	
9:30a	RedZone Elizabeth	RedZone Elizabeth	RedZone Elizabeth	RedZone Larsyn	RedZone Elizabeth		
9:45a						RedZone Megan	
11:00a							
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p		RedZone Isaiah		RedZone Isaiah			
5:30p	RedZone Robert		RedZone Elizabeth				

Forge

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
6:00a		Forge		Forge			
8:30a		Forge Rob		Forge Rob			
10:30a	Forge Heather				Forge Heather		
11:00a							
AFTERNOON/ EVENING							
3:00p							
4:15p							
5:00p		Forge Kevin		Forge Kevin			