

September Schedule

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
7:30a							
8:00a							
8:30a	Cardio Strength Pam		Cardio Strength Pam	Cardio Strength Tracy	Cardio Strength Pam		
9:00a							
9:15a							
9:30a	Diesel Conditioning Tracy		Diesel Conditioning Tracy		Diesel Conditioning Tracy	BodyPump	
9:45a							
10:30a		Definitions Jennifer		Definitions Jennifer		BodyCombat 45 Jess	
11:00a					Basic Conditioning Pam Greer		
AFTERNOON/EVENING							
3:00p	Basic Conditioning Pam		Basic Conditioning Pam				
4:30p	Cardio Strength Pam		Cardio Strength Pam		BodyPump Nancy/Jade		
5:30p		Definitions Jeanneanne					
6:30p							

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
8:00a		Warrior Flow Gretchen		Warrior Flow Gretchen			
8:30a						Barre Fusion Jade	
9:15a	Solar Flow 60 Cathy	Warrior Flow Gretchen	Solar Flow 60 Molly	Warrior Flow 60 Cathy	Solar Flow 60 Devon		
9:30a		Barre Fusion Marci		Barre Fusion Diana			Solar Flow 75 Jim
9:45a							
10:00a						All Levels Yoga Victoria	
10:45a	Deep Stretch Cathy	Deep Stretch Rita	Deep Stretch Lillie Weatherford	Deep Stretch Cathy	Deep Stretch Devon		
12:00p	Barre Fusion 45 Jade		Barre Fusion 45 Marci		Barre Fusion 45 Jeannane		
12:00p			Warrior Flow Marci				
12:15p					Warrior Flow Kaitlin		
AFTERNOON/EVENING							
4:30p		Barre Fusion Diana		Barre Fusion Diana/Janet			
5:00p							
5:45p			All Levels Yoga Jenn				
6:30p	Warrior Flow Jim						
7:15p							

Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:15a							
6:00a	RedZone 45 Yancey		RedZone 45 Michael		RedZone 45 Laura		
7:00a	RedZone Yancey		RedZone Michael		RedZone Laura		
8:00a		RedZone Yancey		Redzone Jade		RedZone Michael	
8:15a	RedZone Yancey		RedZone Michael		RedZone Taylor		
8:30a							
9:15a							
9:30a	RedZone Yancey	RedZone Yancey	RedZone Michael	RedZone Jade	RedZone Taylor		
9:45a							
11:00a							
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p							
5:30p	RedZone Matt	RedZone Jade	RedZone Matt	RedZone Jade			
6:30p	RedZone Matt						
6:45p			Redzone Matt				

Forge

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