

Group Fitness Class Schedule

MONDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:30a.m. - 6:30a.m.	BODYPUMP	Leslie	Studio 1
8:35a.m. - 9:05a.m.	CORE	Chelsie	Studio 1
9:15a.m. - 10:15a.m.	FP-FUSION	Stephanie	Studio 1
9:15a.m. - 10:15a.m.	BODYSTEP	Chelsie	Studio 3
9:15a.m. - 10:05a.m.	RPM	Marti	Studio 2
9:30a.m. - 10:15a.m.	<i>Fit Life for Seniors</i>	Megan	Banquet Rooms
10:30a.m. - 11:30a.m.	BODYPUMP	Megan	Studio 1
10:30a.m. - 11:15a.m.	<i>Zumba</i>	Melanie	Studio 3
4:30p.m. - 5:15p.m.	TONE	Ashley	Studio 3
4:30p.m. - 5:30p.m.	BODYFLOW	Kristin	Studio 1
5:45p.m. - 6:45p.m.	BODYPUMP	Holly	Studio 1
5:45pm - 6:30p.m.	BODYSTEP	Jami	Studio 3
6:00p.m.-6:50p.m.	RPM	Tom	Studio 2
7:00p.m. - 7:45p.m.	<i>WERQ</i>	Natalie	Studio 3

TUESDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:15a.m. - 6:10a.m.	BODYFLOW	Holly	Studio 3
5:30a.m.-6:30a.m.	BODYSTEP	Laura	Studio 1
8:15a.m. - 9:15a.m.	<i>Light n Low</i>	Teresa	Studio 3
8:30a.m. - 9:00a.m.	BODYATTACK	Heather	Studio 1
9:15a.m. - 10:15a.m.	BODYPUMP	Chelsie	Studio 1
9:30a.m.-10:15a.m.	<i>Total Rx</i>	Marti	Banquet Rooms
10:30a.m.-11:30a.m.	BODYFLOW	Megan	Studio 1
4:30p.m. - 5:25p.m.	BODYPUMP	Ashley	Studio 1
5:30p.m.-6:00p.m.	CORE	Leslie	Studio 1
5:45p.m. - 6:45p.m.	BODYCOMBAT	Rebecca	Studio 3
6:00p.m. - 6:40p.m.	<i>SPINspiration</i>	JB	Studio 2
6:05p.m. - 6:35p.m.	GRIT STR/CARDIO	Alok	Studio 1
7:00p.m. - 7:45p.m.	<i>Zumba</i>	Melanie	Studio 3

WEDNESDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:30a.m. - 6:30a.m.	BODYPUMP	Leslie	Studio 1
8:30a.m. - 9:00a.m.	GRIT	Stephanie	Studio 3
8:35a.m. - 9:05a.m.	CORE	Chelsie	Studio 1
9:15a.m. - 10:05a.m.	RPM	Marti	Studio 2
9:15a.m. - 10:15a.m.	FP-FUSION	Stephanie	Studio 1
9:15a.m. - 10:15a.m.	BODYSTEP	Chelsie	Studio 3
9:30a.m. - 10:15a.m.	<i>Fit Life for Seniors</i>	Megan	Banquet Rooms
10:30a.m. - 11:30a.m.	BODYPUMP	Megan	Studio 1
10:30a.m. - 11:15a.m.	<i>Zumba</i>	Melanie	Studio 3
4:30p.m. - 5:15p.m.	BODYATTACK	Beth	Studio 3
4:30p.m. - 5:30p.m.	BODYFLOW	Kristin	Studio 1
5:45p.m. - 6:45p.m.	BODYPUMP	Lynn	Studio 1
5:45p.m. - 6:45p.m.	BODYSTEP	Jami	Studio 3
7:00p.m. - 7:45p.m.	<i>WERQ</i>	Natalie	Studio 1

THURSDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:15a.m. - 6:10a.m.	BODYFLOW	Holly	Studio 3
5:30a.m. - 6:30a.m.	BODYSTEP	Laura	Studio 1
8:15a.m. - 9:15a.m.	<i>Light n Low</i>	Teresa	Studio 3
8:30a.m. - 9:00a.m.	BODYATTACK	Lynn	Studio 1
9:15a.m.-10:15a.m.	BODYPUMP	Chelsie	Studio 1
9:30a.m.-10:15a.m.	<i>Total Rx</i>	Marti	Banquet Rooms
10:30a.m - 11:30a.m.	BODYFLOW	Megan	Studio 1
4:30p.m. - 5:25p.m.	BODYPUMP	Holly	Studio 1
5:30p.m.-6:00p.m.	CORE	Leslie	Studio 1
5:45pm - 6:45p.m.	BODYCOMBAT	Ashley	Studio 3
6:00p.m. - 6:50p.m.	RPM	Tom	Studio 2
6:05p.m. - 6:35p.m.	GRIT CARDIO	Alok	Studio 1
7:00p.m. - 8:00p.m.	BODYFLOW	Kristin	Studio 1
7:00p.m. - 7:45p.m.	<i>Zumba</i>	Melanie	Studio 3

Group Fitness Class Schedule

FRIDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
5:30a.m. - 6:15a.m.	BODYPUMP	Leslie	Studio 1
8:35a.m. -9:05a.m.	CORE	Chelsie	Studio 1
9:15a.m. - 10:15a.m.	FP-FUSION	Stephanie	Studio 1
9:15a.m. - 10:15a.m.	BODYSTEP	Chelsie	Studio 3
9:15a.m. - 10:05a.m.	RPM	Marti	Studio 2
9:30a.m. - 10:15a.m.	<i>Fit Life for Seniors</i>	Valerie	Banquet Rooms
10:30a.m. - 11:30a.m.	BODYPUMP	Megan	Studio 1
10:30a.m. - 11:30a.m.	BODYFLOW	Chelsie	Studio 3
5:45p.m. - 6:30p.m.	BODYPUMP	Ashley	Studio 1

SATURDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
7:30a.m. - 8:30a.m.	BODYPUMP	Heather	Studio 1
8:35a.m. - 9:05a.m.	CORE	Leslie	Studio 3
8:35a.m. - 9:05a.m.	GRIT	Ashley	Studio 1
9:10a.m. - 10:10a.m.	BODYCOMBAT	Rebecca	Studio 3
9:15a.m. - 10:15a.m.	BODYFLOW	Leslie	Studio 1

*Unless noted, GRIT classes will rotate between Strength and Cardio formats.

SUNDAY	<i>Class</i>	<i>Instructor</i>	<i>Location</i>
2:30p.m. - 3:15p.m.	BODYPUMP	Ashley	Studio 1
3:30p.m. - 4:15p.m.	Top Gear**	Alok	Studio 2
4:30p.m. - 5:30p.m.	BODYFLOW	Chelsie	Studio 1

**Top Gear is a combination of CORE, SPRINT, and GRIT

Youth Fitness Classes		
<i>Day</i>	<i>Class</i>	<i>Location</i>
Monday		
5:10-5:40 PM	Kid's Yoga	Senior/Miller Room
Tuesday		
5:45-6:45 PM	Kids on the Move	Senior/Miller Room
Thursday		
5:45-6:45 PM	Kids on the Move	Senior/Miller Room