

# Group Fitness LIVE Class Schedule

## Studio 1 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BodyPump</b> 5:30am-6:30am Leslie	<b>BodyStep</b> 5:30am-6:30am Laura	<b>BodyPump</b> 5:30am-6:30am Leslie	<b>BodyStep</b> 5:30am-6:30am Laura	<b>BodyPump</b> 5:30am-6:30am Leslie	<b>BodyPump</b> 7:30am-8:30am Heather	<b>BodyPump</b> 2:30pm-3:30pm Ashley
<b>CORE</b> 8:35am-9:05am Chelsie	<b>BodyAttack</b> 8:30am-9:00am Heather	<b>CORE</b> 8:35am-9:05am Chelsie	<b>BodyAttack</b> 8:30am-9:00am Lynn	<b>CORE</b> 8:35am-9:05am Chelsie	<b>Grit</b> 8:35am-9:05am Ashley	<b>TONE</b> 3:30pm-4:00pm Ashley
<b>FP-Fusion</b> 9:15am-10:15am Stephanie	<b>BodyPump</b> 9:15am-10:15am Chelsie	<b>FP-Fusion</b> 9:15am-10:15am Stephanie	<b>BodyPump</b> 9:15am-10:15am Chelsie	<b>FP-Fusion</b> 9:15am-10:15am Stephanie	<b>BodyFlow</b> 9:15am-10:15am Leslie	<b>BodyFlow</b> 4:30pm-5:30pm Chelsie
<b>BodyPump</b> 10:30am-11:30am Megan	<b>BodyFlow</b> 10:30am-11:30am Megan	<b>BodyPump</b> 10:30am-11:30am Megan	<b>BodyFlow</b> 10:30am-11:30am Megan	<b>BodyPump</b> 10:30am-11:30am Megan		
<b>BodyFlow</b> 4:30pm-5:30pm Kristin	<b>BodyPump</b> 4:30pm-5:25pm Ashley	<b>BodyFlow</b> 4:30pm-5:30pm Kristin	<b>BodyPump</b> 4:30pm-5:25pm Holly	<b>TONE</b> 5:15pm-5:45pm Ashley		
<b>BodyPump</b> 5:45pm-6:45pm Holly	<b>CORE</b> 5:30pm-6:00pm Leslie	<b>BodyPump</b> 6:00pm-7:00pm Lynn	<b>CORE</b> 5:30pm-6:00pm Leslie	<b>BodyPump</b> 6:00pm-6:45pm Ashley		
<b>BodyFlow</b> 7:00pm-8:00pm Leslie	<b>Grit Str/Cardio</b> 6:05pm-6:35pm Alok		<b>Grit Str/Cardio</b> 6:05pm-6:35pm Alok			
	<b>BodyAttack</b> 6:45pm-7:30pm Lynn		<b>BodyFlow</b> 6:45pm-7:45pm Kristin			

## Studio 2 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>RPM</b> 9:15am-10:05am Marti	<b>SpinSpiration</b> 6:00pm-6:40pm JB	<b>RPM</b> 9:15am-10:05am Marti	<b>SpinSpiration</b> 8:30am-9:10am JB	<b>RPM</b> 9:15am-10:05am Marti		<b>Top Gear</b> 4:15pm-5:00pm Alok
<b>RPM</b> 6:00pm-6:50pm Tom			<b>RPM</b> 6:00pm-6:50pm Tom			

# Group Fitness LIVE Class Schedule

## Studio 3 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BodyStep</b> 9:15am-10:15am Chelsie	<b>BodyFlow</b> 5:15am-6:10am Holly	<b>Grit</b> 8:30am-9:00am Stephanie	<b>BodyFlow</b> 5:15am-6:10am Holly	<b>BodyStep</b> 9:15am-10:15am Chelsie	<b>Barre</b> 8:00am-8:30am Leslie
<b>Zumba</b> 10:30am-11:30am Melanie	<b>Light N Low</b> 8:15am-9:15am Teresa	<b>BodyStep</b> 9:15am-10:15am Chelsie	<b>Light N Low</b> 8:15am-9:15am Teresa	<b>BodyFlow</b> 10:30am-11:30am Chelsie	<b>CORE</b> 8:35am-9:05am Leslie
<b>TONE</b> 4:30pm-5:15pm Ashley	<b>Barre</b> 10:30am-11:00am Chelsie	<b>Zumba</b> 10:30am-11:30am Melanie	<b>BodyCombat</b> 5:45pm-6:45pm Ashley		<b>BodyCombat</b> 9:10am-10:10am Rebecca
<b>BodyStep</b> 5:45pm-6:45pm Jami	<b>BodyCombat</b> 5:45pm-6:45pm Rebecca	<b>BodyAttack</b> 4:30pm-5:15pm Beth	<b>Zumba</b> 7:00pm-8:00pm Melanie		
<b>WERQ</b> 7:00pm-7:45pm Natalie	<b>Zumba</b> 7:00pm-8:00pm Melanie	<b>BodyStep</b> 5:45pm-6:30pm Jami			

## Senior/Banquet Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fit Life for Seniors</b> 9:30am-10:15am Megan	<b>Total Rx</b> 9:30am-10:15am Marti	<b>Fit Life for Seniors</b> 9:30am-10:15am Megan	<b>Total Rx</b> 9:30am-10:15am Marti	<b>Fit Life for Seniors</b> 9:30am-10:15am Valerie
<b>Kid's Yoga</b> 5:10pm-5:40pm Chelsie	<b>Kids on the Move</b> 5:45pm-6:45pm Ashley		<b>Kids on the Move</b> 5:45pm-6:45pm Ashley	

## Outdoor/Track Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Walk it Off</b> 11:30am-12:00pm Nicole		<b>Walk it Off</b> 11:30am-12:00pm Nicole	

\*\*Classes, times, instructors subject to change. Please call 444-8222 x23 with any questions.  
Updated schedules are also available on our website at [www.fivepointswashington.org](http://www.fivepointswashington.org)