

GROUP X CLASS SCHEDULE



-Over for pm Classes-

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:45 AM		CYCLE (Sam Brown)		CYCLE (Sam Brown)			
7:30 AM							
8:00 AM	ZUMBA Room 102 (Marianne)					KETTLE BELL* Speed Rm (Brittney)	
8:30 AM		BOOTCAMP (Brandie) Room 102	ZUMBA Room 102 (Yvette)	LEAN & MEAN Room 102 (Brandie)	ZUMBA (Dorothy) Room 102		
9:00 AM					Work Zone (NEW) GYM COURT A (Mary)	POWER SPIN (Vanessa)	
9:30 AM	INTRO TO YOGA Room 102 (Deaneen)	BODY WORKS & ABS Room 102 (Brittney)	BODY WORKS & ABS Room 102 (Brittney)	ZUMBA (Tammy) Room 102		YOGALATIES Room 112 (Deaneen)	
10:00 AM	SILVER SNEAKERS GYM COURT A (Marlene)	SILVER SNEAKERS GYM COURT A (Marlene)	SILVER SNEAKERS GYM COURT A (Marlene)	SILVER SNEAKERS GYM COURT A (Marlene)	SILVER SNEAKERS GYM COURT A (Mary)		
10:30 AM		CARDIO BOOTCAMP Room 102 (Brittney)	POWER PILATES Room 102 (Deaneen)	YOGA CORE Room 102 (Tammy)			
	IF PARTICIPATING IN THE KETTLE BELL CLASS, PARTICIPANTS MUST PROVIDE THEIR OWN KETTLEBELLS:*						
	Availability based on first come, first served. Class size may vary, Subject to change. Revised Schedule 12/11/2018						

GROUP X CLASS SCHEDULE



-Over for am Classes-

	MON	TUE	WED	THUR	FRI	SAT	SUN
3:00 PM							PIYO Room 112 (Deaneen)
6:00 PM	POWER STEP Room 102 (Brittney)	KICK BOXING Room 102 (Deaneen)	BRITTMOFIT SPEED ROOM (Brittney)	BOOTCAMP Room 102 (Brittney)			
			INTRO TO YOGA Room 102 (Sherrie)				
6:30 PM							
7:00 PM	BOOTCAMP (Brandie) Room 102	BRITTMOFIT ROOM 102 (Brittney)	KETTLE BELL (Brandie) Room 102	POWER STRENGTH Room 102 (NEW) (Vanessa)			
		POWER SPIN (Troy)	RIP & RIDE CYCLE (Vanessa)				
	IF PARTICIPATING IN THE KETTLE BELL CLASS, PARTICIPANTS MUST PROVIDE THEIR OWN KETTLEBELLS:*						
	Availability based on first come, first served. Class size may vary, Subject to change. Revised Schedule 12/11/2018						