

GROUP FITNESS SCHEDULE











December 2017


GROUP FITNESS STUDIO

| | MONDAY | TUESDAY | WED. | THURSDAY | FRIDAY |
|---------|--|--|-----------------------------|-----------------------------|-------------------------------------|
| 5:30 AM | | BODYPUMP Dustin | | BODYPUMP Dustin | |
| 8:30 AM | BODYFLOW Lauren | | BODYATTACK Katie | BODYFLOW Carrie W | BODYPUMP Carrie W. |
| 9:30 AM | BODYPUMP Heather | BODYJAM Heather | BODYPUMP Carrie W | BODYATTACK Katie | Core Blast 30 min Heather |
| 5:15 PM | BODYATTACK 45min format Melissa | BODYPUMP 45min format Melissa | | | |
| 6:00 PM | BODYPUMP Melissa | | BODYPUMP Megan | BODYJAM Heather | |
| 7:00 PM | | | BODYFLOW Brandy | | |

| | SATURDAY |
|----------|--|
| 8:15 AM | BODYPUMP Carrie B.or Dustin |
| 9:30 AM | BODYATTACK Melissa |
| 10:30 AM | BODYFLOW Brandy |

CYCLE STUDIO

| | MONDAY | TUESDAY | WED. | THURSDAY | FRIDAY |
|---------|---|--|---|----------|--|
| 5:30 AM |  SPINNING. Erin | |  SPINNING. Sara | |  SPINNING. Erin |
| 8:30 AM |  SPINNING. Heather |  SPINNING. Susan |  SPINNING. Shannon | |  SPINNING. Susan |
| 6:00 PM |  SPINNING. Jessie |  SPINNING. Rotating Instructor |  SPINNING. Whitney | | |

| | SATURDAY |
|---------|--|
| 8:30 AM |  SPINNING. Susan/Shannon/ Erin/Karen |