



# NOVEMBER 2019 GROUP FITNESS CLASS SCHEDULE

| MONDAY                                    |                                    | TUESDAY                             | WEDNESDAY |                                    | THURSDAY                            | FRIDAY                                    |                                | SATURDAY                                    |
|-------------------------------------------|------------------------------------|-------------------------------------|-----------|------------------------------------|-------------------------------------|-------------------------------------------|--------------------------------|---------------------------------------------|
| Full Body Flex<br>Diane<br>5:30-6:30am    |                                    | Group Cycle<br>Wayne<br>5:30-6:30am |           |                                    | Group Cycle<br>Wayne<br>5:30-6:30am | Full Body Flex<br>Diane<br>5:30-6:30am    |                                |                                             |
| Weight Training<br>Hector<br>8-9am        |                                    |                                     |           | Weight Training<br>Hector<br>8-9am |                                     | Weight Training<br>Hector<br>8-9am        |                                |                                             |
| Group Cycle<br>Cindy<br>9-10am            | Silver Strength<br>Megan<br>9-10am | Core and More<br>Cindy<br>9-10am    |           | Group Cycle<br>Cindy<br>9-10am     | Silver Strength<br>Megan<br>9-10am  | Group Power Cycle<br>Cindy<br>9-10        | Group Cycle<br>Cindy<br>9-10am | Silver Strength<br>Megan<br>9-10am          |
| Strong by Zumba<br>Megan<br>10:10-11:10am |                                    |                                     |           |                                    |                                     | Strong by Zumba<br>Megan<br>10:10-11:10am |                                | Strength & Conditioning<br>Amanda<br>9-10am |

“The only bad workout is the one that didn’t happen”

|                                    |                                            |                                     |                                            |                                       |
|------------------------------------|--------------------------------------------|-------------------------------------|--------------------------------------------|---------------------------------------|
| Zumba<br>Andrea<br>5:15-6:15pm     | PIYO Live<br>Kiley<br>5:15-6:15pm          | Zumba<br>Andrea<br>5:15-6:15pm      | Core De Force<br>Kiley<br>5:15-6:15pm      | Zumba Toning<br>Andrea<br>5:15-6:15pm |
| Insanity<br>Chrissy<br>6:20-7:20pm | Strength Training<br>Amanda<br>6:20-7:20pm | Isolation<br>Chrissy<br>6:20-7:20pm | Strength Training<br>Amanda<br>6:20-7:20pm | Insanity<br>Kiley<br>6:20-7:20pm      |
|                                    | Zumba<br>Andrea<br>7:30-8:30pm             |                                     | Zumba<br>Andrea<br>7:30-8:30pm             |                                       |

**CLUB HOURS:** MON-FRI 4:45AM – 10:00PM SAT: 7:00AM – 10:00PM SUN: 12:00PM – 10:00PM  
**KIDS CLUB HOURS:** MON – FRI: 8:45AM – 12:00PM; 4:00PM – 8:30PM SAT: 9:00AM – 11:00AM  
**QUESTIONS CALL US AT 509-766-2757**