



Group Fitness 2021 Schedule

Effective: 1/3/2022

Last Updated: 1/1/2022

(S) = Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Burn w/ Sara		6:00 AM Burn w/ Sara	6:00 AM Cycle w/ Eryn	6:00 AM Burn w/ Sara		
	7:00 AM Yoga w/ Sara (S)		7:00 AM Yoga w/ Sara (S)	7:00 AM Foundation Fit w/ Sara (S)		
8:15 AM Battle Ropes w/ Sara	8:00 AM Cycle w/ Bruce 8:15 AM Fit-4-All w/ Sue	8:15 AM Battle Ropes w/ Sara 8:30AM Cycle Fit w/ Bruce	8:00 AM Cycle w/ Bruce		8:00 AM Body Pump w/ Katy Cycle w/ Eryn	8:00 AM Cycle w/ Eryn
9:00 AM Cycle w/ Eryn 9:30 AM Body Pump w/ Holly Foundation Fit w/ Sara (S)	9:00 AM Cycle Fit w/ Bruce 9:30 AM Tabata w/ Janice	9:30 AM Body Pump w/ Holly Strong w/ Amanda (S)	9:00 AM Cycle Fit w/ Bruce 9:30 AM Tabata w/ Janice	9:00 AM Cycle w/ Eryn 9:30 AM Tabata w/ Janice Pilates w/Cary (S)	9:00 AM Burn w/ Katy	9:00 AM Body Combat w/ Katy
10:45 AM Restorative Yoga w/ Holly (S)		10:45 AM Body Flow w/ Holly (S) Zumba w/ Amanda	10:45 AM Fit-4-All w/ Sue I	10:45 AM Restorative Yoga w/ Holly (S)	10:00 AM Body Pump w/ Kelly	10:00 AM BodyFlow w/ Katy
					11:00 AM Body Flow w/ Holly (S)	
12:00 PM Cycle w/ Cheryl (45 min) 12:45 PM Strength w/ Cheryl (30 min)	12:00 PM Battle Ropes w/ Cheryl		12:00 PM Cycle w/ Cheryl (30 min) 12:30 PM Strength w/ Cheryl (45 min)			
	5:00 PM Body Pump w/ Katy	5:00 PM Burn w/ Katy 5:30 PM Cycle w/ Eryn	5:00 PM Body Pump w/ Katy 5:30 PM Zumba w/ Susan (S)	5:45 PM Zumba w/ Darren (S)		
6:00 PM Body Pump w/ Kelly	6:00 PM Body Combat w/ Katy	6:05 PM Body Flow w/ Katy	6:00 PM Burn w/ Katy			