



Group Fitness 2022 Schedule

Effective: 12/5/2022

Last Updated: 12/5/2022

(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/Holly 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 Balance w/ Holly (S) Zumba w/ Amanda		10:45 AM Restorative Yoga w/ Holly (S)	10:00 AM Body Pump w/ Kelly	10:00 AM Body Balance w/ Katy
					11:00 AM Body Balance 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 (45 min) 12:45 PM Strength w/ Cheryl (45 min)			
5:00 PM Body Pump w/Kelly 5:30 PM Zumba w/Susan (S)	5:00 PM Burn w/Katy	5:00 PM Body Pump w/Katy 5:30 PM Cycle w/ Eryn 5:45 PM Zumba w/ Darren (S)	5:30 PM Burn w/Sue G	5:45 PM Zumba w/ Darren (S)		
	6:00 PM Body Combat w/ Katy	6:00 PM Boday Balance w/ Katy	6:00:00 PM (S) Body Combat w/Anna			