

GROUP FITNESS SCHEDULE

SUMMER SESSION II JUNE 26TH-JULY 27TH *SUBJECT TO CHANGE

*ALL CLASSES ARE 60 MINUTES UNLESS NOTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM PILATES SRC B Maggie	12:15 PM MUSCLE CUT (45) SRC B Maria	6:15 AM CYCLE FETZER Julee	12:15 PM MUSCLE CUT (45) SRC B Hope	12:15 PM CARDIO DANCE (45) SRC B Kyle
12:15 PM STEP (45) SRC B Wil	12:15 PM CYCLE (45) FETZER Hannah N.	12:15 PM PILATES (45) SRC B Lauren	12:15 PM CYCLE (45) FETZER Hannah N.	
12:15 PM CYCLE (45) FETZER Andrea O.	4:00 PM TAI CHI RAMS Joanne	4:00 PM YOGA RAMS Claire	4:00 PM YOGA RAMS Scott	
4:00 PM ZUMBA SRC A Sydney	4:15 PM KICK BOXING (45) SRC A Julee	4:00 PM INSANITY SRC B Chris	5:15 PM WATER AEROBICS KESSING POOL Andrea O./Rachel R.	
5:15 PM CARDIO BLAST (45) SRC A Carrington	5:15 PM MINDFUL YOGA RAMS Joanne	5:15 PM MUSCLE CUT BARBELLS SRC B Amanda	5:15 PM ZUMBA SRC A Hailey	SATURDAY
5:30 PM CYCLE FETZER Rachel	5:15 PM WATER AEROBICS KESSING POOL Jana	5:30 PM CYCLE FETZER Skye	5:15 PM BARRE RAMS Heather	
5:30 PM YOGA RAMS Victoria	5:15 PM INSANITY SRC B Chris	6:30 PM ZUMBA SRC A Sydney		
6:10 PM ABSOLUTION (20) SRC A Carrington	5:15 PM ZUMBA SRC A Hailey	6:30 PM BARRE RAMS Sammie		
6:30 PM MUSCLE CUT BARBELLS SRC B Maria	6:00 PM CYCLE FETZER Skye			
	6:30 PM BARRE RAMS Maggie			

COLOR KEY: RAMS HEAD FETZER BOWMAN GRAY POOL