

GROUP FITNESS SCHEDULE

SUMMER SESSION I MAY 17TH-JUNE 25TH *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 Liz	6:15 AM CYCLE FETZER Julee	12:15 PM MUSCLE CUT (45) SRC B Hope	12:15 PM CARDIO DANCE (45) SRC B Olivia
12:15 PM STEP (45) SRC B Will	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 Skye
4:00 PM ZUMBA SRC A Hailey	4:00 PM TAI CHI RAMS Joanne	4:00 PM YOGA RAMS Claire	4:00 PM YOGA RAMS Scott	
5:15 PM CARDIO BLAST (45) SRC A Carrington	4:15 PM STEP (45) SRC A Mya	4:15 PM KICK BOXING (45) SRC A Hannah D.	4:00 PM CIRCUIT TRAINING SRC B Paige	
5:30 PM CYCLE FETZER Skye	5:15 PM MINDFUL YOGA RAMS Joanne	5:15 PM MUSCLE CUT BARBELLS SRC B Rachel	5:15 PM WATER AEROBICS BOWMAN GRAY Liz	SATURDAY
5:30 PM YOGA RAMS Victoria	5:15 PM WATER AEROBICS BOWMAN GRAY Jana	5:30 PM CYCLE FETZER Skye	5:15 PM ZUMBA SRC A Hailey	
6:10 PM ABSOLUTION (20) SRC A Carrington	5:15 PM INSANITY SRC B Chris	6:00 PM ZUMBA SRC A Sydney	5:15 PM KICK'N SCULPT SRC B Karolyne	
6:30 PM MUSCLE CUT BARBELLS SRC B Rachel	5:15 PM ZUMBA SRC A Hailey	6:30 PM BARRE RAMS Sammie		
	5:30 PM CYCLE FETZER Rachel			
	6:30 PM BARRE RAMS Maggie			

COLOR KEY:

 RAMS HEAD

 FETZER

 BOWMAN GRAY POOL