

GROUP FITNESS FALL 2017

AUG 28th- DEC 6th

BOWMAN GRAY POOL • FETZER CYCLE STUDIO • SRC STUDIO A • SRC STUDIO B • RAMS



STAY ACTIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PILATES 6:15 AM SRC B Maggie	CYCLE (45) 6:15 AM Fetzer Andrea A.	YOGA 6:15 AM SRC B Elizabeth	CYCLE (45) 6:15 AM Fetzer Hannah Du.	YOGA (45) 12:15 PM Rams Claire
MUSCLE CUT 8:00 AM SRC B Rose	GRADFIT RUN CLUB 7:30 AM SRC A Rose	KICK HIIT 8:00 AM SRC B Kati	GRADFIT RUN CLUB 7:30 AM SRC A Rose	CARDIO DANCE (45) 12:15 PM SRC B Olivia D.
ZUMBA 10:00 AM SRC A Marie	YOGA 8:00 AM SRC B Hannah S.	ZUMBA 10:00 AM SRC A Hailey	YOGA 8:00 AM SRC B Hannah S.	CYCLE (45) 12:15 PM Fetzer Andrea O.
STEP (45) 12:15 PM SRC B Wil	MUSCLE CUT (45) 12:15 PM SRC B Kyle	PILATES (45) 12:15 PM SRC B Lauren	KICKBOXING (45) 12:15 PM SRC B Mya	CYCLE 4:00 PM Fetzer Kaitlin
CYCLE(45) 12:15 PM Fetzer Andrea O	CYCLE (45) 12:15 PM Fetzer Hannah N.	BARRE (45) 12:15 PM Rams Arshya	CYCLE (45) 12:15 PM Fetzer Hannah N.	YOGA 4:00 PM Rams Victoria
CYCLE 4:30 PM Fetzer Catherine B.	LOWER BODY SCULPT (45) 4:15 PM SRC B Marissa	CYCLE (45) 12:15 PM Fetzer Catherine B.	UPPER BODY SCULPT (45) 4:15 PM SRC B Rebecca D.	STEP N TONE (45) 4:15 PM SRC B Mary McCall
YOGA 4:00 PM Rams Elizabeth	TAI CHI 4:00 PM Rams Joanne	CYCLE 4:45 PM Fetzer Skye	YOGA 4:00 PM Rams Scott	KICK N SCULPT (45) 5:15 PM SRC B Leah H.
ZUMBA 4:00 PM SRC A Anna	KICKBOXING (45) 4:15 PM SRC A Julee	YOGA 4:00 PM Rams Erin	BARRE 5:15 PM Rams Morgan	SATURDAY
KICKBOXING (45) 4:15-5:00 PM SRC B Karolyne	MINDFUL YOGA 5:15 PM Rams Joanne	ZUMBA 4:00 PM SRC A Olivia P.	WATER AEROBICS 5:15 PM Pool Alex B.	CYCLE 10:30 AM – 11:30 AM Fetzer Abigail
PILATES 5:15 PM Rams Megan	WATER AEROBICS 5:15 PM Pool Jana	MUSCLE CUT 4:00 PM SRC B Andrea A.	ZUMBA 5:15 PM SRC A Marie	KICK HIIT 3:15 PM SRC B Hailey
CARDIO BLAST 5:15 PM SRC A Carrington	ZUMBA 5:15 PM SRC A Hailey	BARRE 5:15 PM Rams Heather	MUSCLE CUT BARBELLS 5:15 PM SRC B Maria P.	SUNDAY
HIIT the STEP 5:15 PM SRC B Skye	MUSCLE CUT BARBELLS 5:15 PM SRC B Maria P.	3-2-1 (45) 5:15 PM SRC B Carrington	CYCLE 5:15 PM Fetzer Abigail U.	CYCLE 4:00 PM Fetzer Skye

CYCLE 6:00 PM Fetzer <i>Hannah Du.</i>	CYCLE 5:15 PM Fetzer <i>Hannah Du.</i>	DOONYA 5:30 PM SRC A <i>Sadhana</i>	ABSOLUTION (20) 6:25 PM SRC B <i>Maria P.</i>	MUSCLE CUT 4:00 PM SRC B <i>Sarah R.</i>
ABSOLUTION (20) 6:10 PM SRC A <i>Carrington</i>	ABSOLUTION (20) 6:25 PM SRC B <i>Maria P.</i>	CYCLE 6:00 PM Fetzer <i>Julee</i>	KICK N SCULPT 6:30 PM SRC A <i>Karolyne</i>	ZUMBA 5:15 PM SRC A <i>Sydney</i>
YOGA 6:30 PM Rams <i>Claire</i>	INSANITY 6:30 PM SRC A <i>Chris</i>	ABSOLUTION (20) 6:10 PM SRC B <i>Carrington</i>	POWER YOGA 6:30 PM Rams <i>Sabrina</i>	KICK N SCULPT 5:15 PM SRC B <i>El</i>
MUSCLE CUT BARBELLS 6:30 PM SRC B <i>Amanda B.</i>	BARRE 6:30 PM Rams <i>Sammie</i>	YOGA 6:30 PM Rams <i>Dana</i>		YOGA 6:30 PM Rams <i>Victoria</i>
ZUMBA 6:45 PM SRC A <i>Sarah M.</i>	CARDIO BLAST 7:00 PM SRC B <i>Alex B.</i>	INSANITY 6:45 PM SRC B <i>Chris</i>		
BARRE 7:45 PM Rams <i>Julia</i>	POWER YOGA 7:45 PM Rams <i>Sabrina</i>	STEP N TONE 6:45 PM SRC A <i>Rose</i>		
LOWER BODY CONDITIONING (45) 7:45 PM SRC B <i>Rebecca D.</i>		POWER YOGA 7:45 PM Rams <i>Hannah S.</i>		
KICKBOXING (45) 8:00 PM SRC A <i>Hannah Dove</i>		MUSCLE CUT BARBELLS 8:00 PM SRC B <i>Amanda B.</i>		
YOGA 9:00 PM Rams <i>Abigale</i>				

GROUP EXERCISE POLICIES: Please refer to the group exercise policies posted on our website and in the studio. ***SUBJECT TO CHANGE***