

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

ABSOLUTION (20) 6:10 PM SRC A <i>Carrington</i>	CYCLE 5:15 PM Fetzer <i>Hannah Du.</i>	CYCLE 6:00 PM Fetzer <i>Julee</i>	ABSOLUTION (20) 6:25 PM SRC B <i>Maria P.</i>	MUSCLE CUT 4:00 PM SRC B <i>Sarah R.</i>
YOGA 6:30 PM Rams <i>Claire</i>	ABSOLUTION (20) 6:25 PM SRC B <i>Maria P.</i>	ABSOLUTION (20) 6:10 PM SRC B <i>Carrington</i>	KICK N SCULPT 6:30 PM SRC A <i>Karolyne</i>	ZUMBA 5:15 PM SRC A <i>Sydney</i>
MUSCLE CUT BARBELLS 6:30 PM SRC B <i>Rebecca D.</i>	INSANITY 6:30 PM SRC A <i>Chris</i>	YOGA 6:30 PM Rams <i>Dana</i>	POWER YOGA 6:30 PM Rams <i>Sabrina</i>	KICK N SCULPT 5:15 PM SRC B <i>El</i>
ZUMBA 6:45 PM SRC A <i>Sarah M.</i>	BARRE 6:30 PM Rams <i>Sammie</i>	INSANITY 6:45 PM SRC B <i>Chris</i>		YOGA 6:30 PM Rams <i>Victoria</i>
BARRE 7:45 PM Rams <i>Julia</i>	CARDIO BLAST 7:00 PM SRC B <i>Alex B.</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>Sabrina</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>Erin S.</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***