



GROUP FITNESS FINALS SCHEDULE

DEC 3rd - DEC 14th

FETZER CYCLE STUDIO • SRC STUDIO A • SRC STUDIO B • RAMS

MONDAY (12/3)	TUESDAY (12/4)	WEDNESDAY (12/5)	READING DAY THURSDAY (12/6)	FRIDAY (12/7)	MONDAY (12/10)	TUESDAY (12/11)	WEDNESDAY (12/12)	THURSDAY (12/13)	FIRDAY (12/14)
STEP (45) 12:15 PM SRC B <i>Wil</i>	CYCLE (45) 12:15 PM Fetzer <i>Hannah N.</i>	PILATES (45) 12:15 PM SRC B <i>Lauren</i>	CYCLE (45) 12:15 PM Fetzer <i>Hannah N.</i>	Jingle Bell Jog	STEP (45) 12:15 PM SRC B <i>Wil</i>	CYCLE (45) 12:15 PM Fetzer <i>Hannah N.</i>	PILATES (45) 12:15 PM SRC B <i>Lauren</i>	CYCLE (45) 12:15 PM Fetzer <i>Hannah N.</i>	STEP (45) 12:15 PM SRC B <i>Bianca</i>
YOGA (45) 12:15 PM RAMS <i>Elizabeth</i>	YOGA (45) 12:15 PM RAMS <i>Claire</i>	Drop In: Relax and S.N.A.C.K.S Mind- Body Techniques 12:30 – 1:15 SRC A	KICKBOXING 12:15 PM SRC B <i>Mya</i>		YOGA (45) 12:15 PM RAMS <i>Elizabeth</i>	YOGA (45) 12:15 PM RAMS <i>Claire</i>	CYCLE (45) 12:15 PM Fetzer <i>Hannah Du.</i>	KICKBOXING (45) 12:15 PM SRC B <i>Mya</i>	ZUMBA 4:00 PM SRC A <i>Angie</i>
CARDIO DANCE 4:00 PM SRC A <i>Anna J</i>	STEP (45) 12:15 PM SRC B <i>Bianca</i>	CYCLE (45) 12:15 PM Fetzer <i>Hannah Du.</i>	LOWER BODY CHALLENGE (45) SRC B 4:00 PM <i>Ms. D</i>	NO CLASS	CARDIO DANCE 4:00 PM SRC A <i>Anna J</i>	TAI CHI 4:00 PM RAMS <i>Joanne</i>	KICKBOXING (45) 4:00 PM SRC B <i>EL</i>	YOGA 4:00 PM RAMS <i>Scott</i>	
PILATES 4:00 PM RAMS <i>Megan</i>	UPPER BODY CHALLENGE (45) 4:00 PM SRC A <i>Amanda B</i>	Drop In: Relax and S.N.A.C.K.S Ask a Trainer 12:30- 1:15 SRC A	YOGA 4:00 PM RAMS <i>Scott</i>		PILATES 4:00 PM RAMS <i>Megan</i>	ZUMBA 4:00 PM RAMS <i>Olivia P.</i>	ZUMBA 4:15 PM SRC A <i>Hailey</i>		
MUSCLE PUMP 4:15 PM SRC B <i>Heather S</i>	TAI CHI 4:00 PM RAMS <i>Joanne</i>	KICKBOXING (45) 4:00 PM SRC B <i>EL</i>	CARDIO DANCE 4:15PM SRC A <i>Olivia D</i>		MUSCLE PUMP 4:15 PM SRC B <i>Heather S</i>		PILATES 5:15 PM RAMS <i>Sally K</i>		



STAY ACTIVE

CYCLE (45) 5:00 PM Fetzer <i>Hannah Du</i>	ZUMBA 5:15 PM SRC A <i>Hailey</i>	ZUMBA 4:15 PM SRC A <i>Hailey</i>	H.I.I.T (45) 5:00 PM SRC B <i>Harrison</i>		CYCLE (45) 5:00 PM Fetzer <i>Hannah Du.</i>
KICKBOXING 5:15 PM SRC A Karolyne	MINDFUL YOGA 5:15 PM RAMS Joanne	CYCLE (45) 4:15 PM Fetzer <i>Hannah Du</i>	ZUMBA 5:30 PM SRC A <i>Sydney</i>		
BARRE 5:15 PM RAMS Sally H	LOWER BODY CHALLENGE (45) 5:45 PM SRC B <i>Leah</i>	PILATES 5:15 PM RAMS <i>Sally K</i>	BARBELL PUMP 6:00PM SRC B <i>Jessica Y</i>		
H.I.I.T 5:30 PM SRC B <i>Alex D</i>	CYCLE (45) 6:00 PM Fetzer <i>Bethany</i>	H.I.I.T N SCULPT 5:30 PM SRC A <i>Kati S</i>			
TWERK/TRAP/TONE 6:30 PM SRC A <i>Ms.D/ Sydney</i>	KICKBOXING 6:30 PM SRC A <i>Hannah Do</i>	BARBELL PUMP 5:30 PM SRC B <i>Sarah R</i>			
	BARRE 6:30 pm RAMS <i>Julia</i>	CYCLE (45) 6:00 PM Fetzer Bethany			

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

