

● FETZER CYCLE STUDIO ● SRC STUDIO A ● SRC STUDIO B ● RAMS STUDIO ● POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		● WAKE & RISE YOGA 6:15 AM (45) – Elizabeth	
● PILATES 6:30 AM (45) – Sally K		● CYCLE 6:30 AM (45) – Hannah N	
	● HANDS FREE YOGA 8:00 AM (45) – Anna W		● CYCLE 8:00 AM (45) – Zoe
● STEP 12:15 PM (45) - Wil	● CYCLE 12:15 PM (45) – Hannah N	● PILATES 12:15 PM (45) – Lauren	● CORE CONDITIONING 12:15 PM (30) – Rotation
● YOGA 12:15 PM (45) - Rodrigo	● KICKBOXING 12:30 PM (45) – Hannah Do	● YOGA 12:15 PM (45) - Claire	● LIFT 12:30 PM (45) - Mya
● CYCLE 12:30 PM (45) - Zoe	● TAI CHI* 1:00 PM (45) - Joanne	● CYCLE 12:30 PM (45) - Bethany	● YOGA* 1:00 PM (45) - Rodrigo
● ZUMBA® 4:00 PM (60) - Sydney	● CARDIO DANCE 3:30 PM (60) – Anna J	● YOGA 3:30 PM (60) – Anna W	● CYCLE 3:30 PM (45) - Erin
● 3 – 2 – 1 4:00 PM (45) - Natalie	● H.I.I.T. 4:00 PM (45) - Erin	● BARBELL PUMP 4:00 PM (60) - Amanda B	● ZUMBA® 4:00 PM (60) – LeighAnn
● BARRE 5:00 PM (45) - Gracie	● KICKBOXING 5:00 PM (45) - Karolyne	● CYCLE 4:00 PM (45) – Abigail	● YOGA 4:00 PM (60) - Scott
● UPPER BODY CONDITIONING 5:00 PM (45) - Eleanor	● MINDFUL YOGA 5:15 PM (60) - Joanne	● 3-2-1 4:30 PM (45) – Alex B	● H.I.I.T. 4:30 PM (45) - Harrison
● KICKBOXING 5:15 PM (45) - El	● ZUMBA® 5:15 PM (60) - Hailey	● POP PILATES 5:15 PM (60) - Joanna	● GROOVE & TONE 5:15 PM (60) - Sydney
● CYCLE 5:15 PM (45) - Bethany	● LIFT 6:00 PM (60) - Jessica	● CYCLE 5:15 PM (45) – Maya W	● CYCLE 5:15 PM (45) - Rachel
● INTENSITY 6:00 PM (45) - Chris	● CYCLE 6:00 PM (45) – Addie	● ABSOLUTION 5:15 PM (30) - Amanda B	● AQUA BLAST 5:30 PM (45) – Sally H
● YOGA 6:00 PM (60) - Molly	● BARRE FLOW 6:30 PM (60) – Heather	● INTENSITY 6:00 PM (45) - Chris	● BARBELL PUMP 6:00 PM (60) - Sarah
● GROOVE 6:30 PM (60) - Hailey	● BARBELL PUMP 45 7:15 PM (45) – Rachel	● TWERK, TRAP, TONE 6:00 PM (45) – Ms. D	● PILATES 6:00 PM (60) - Megan
● CYCLE 6:30 PM (45) - Rotation	● 3 – 2 – 1 7:15 PM (45) – Layna	● DEEP STRETCH 6:30 PM (45) – Sally H	● ZUMBA® 6:30 PM (60) – Joy
● BARBELL PUMP 7:00 PM (60) - Maina	● PILATES 8:00 PM (60) – Sally K	● ZUMBA® 7:15 PM (60) – Olivia P	● 3 – 2 – 1 7:15 PM (45) – Alex D
● BARRE 7:15 PM (60) - Sally H	● LOWER BODY CONDITIONING 8:15 PM (45) - Eleanor	● KICK & SCULPT 7:15 PM (45) - Karolyne	● POWER YOGA 8:00 PM (60) – Elizabeth
● H.I.I.T. & ABS 8:00 PM (45) – Alex D		● BARRE 8:00 PM (60) - Julia	● ABSOLUTION 8:00 PM (30) – Mary M

Free Employee Classes

Friday/Saturday/Sunday Classes Continued on Page 2

● FETZER CYCLE STUDIO ● SRC STUDIO A ● SRC STUDIO B ● RAMS MP ROOM

FRIDAY	SATURDAY	SUNDAY
● GENTLE YOGA 6:30 AM (45) – <i>Amanda G</i>		
● H.I.I.T. 8:00 AM (45) – <i>Amanda B</i>	● CYCLE 10:00 AM (45) – <i>Maya W</i>	
● BARRE 12:15 PM (45) - <i>Gracie</i>	● BARRE 12:15 PM (60) - <i>Heather</i>	
● CYCLE 12:15 PM (45) – <i>Rachel</i>		
● CARDIO DANCE 12:30 PM (60) – <i>Liz</i>		
● ZUMBA® 3:30 PM (60) – <i>Savannah</i>		
● 3 – 2 – 1 3:30 PM (45) – <i>Hannah Do</i>		● KICKBOXING 4:00 PM (45) - <i>El</i>
● YOGA 4:00 PM (60) – <i>Anna W</i>	● ZUMBA® 4:00 PM (60) – <i>Hailey</i>	● CARDIO DANCE 4:30 PM (60) – <i>Liz</i>
		● PILATES 6:00 PM (60) - <i>Joanna</i>