

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am-6:20am		BodyFIT Jenny		BodyFIT Jenny	
8:00am-8:50am		Low Impact Aerobics Sandy		Low Impact Aerobics Sandy	
8:15am-9:30am	Sculpt Jenny	Sculpt Jenny	Sculpt Jenny	Sculpt Jenny	
9:00am-9:30am		TBW Sandy		TBW Sandy	
9:00am-10:00 am	Stretch & Flex* Jan/Virgil		Stretch & Flex* Jan/Virgil		Stretch & Flex* Jan/Virgil
9:00am-10:00am	Spin Fusion Jessy		Spin Fusion Jessy		
9:40am-10:25am		BodyFIT Jenny		BodyFIT Jenny	
11:00am-11:50am	FIT 50+ Jessy		FIT 50+ Jessy		
12:15pm-12:45pm		Spin Express Jessy		Spin Express Jessy	
4:30pm-5:20pm	FIT Kelli	Cardio Dance Raquel	FIT Kelli	Cardio Dance Raquel	
5:00pm-5:30pm		Spin Express Kelli		Spin Express Kelli	
5:30pm-6:00pm	KickFIT Kelli		KickFIT Kelli		
5:45pm-6:30pm		Cardio Camp Kelli		Cardio Camp Kelli	
6:10pm-6:40pm	Yoga Dana		Yoga Dana		
6:15pm-6:45pm	Spin Express Kelli		Spin Express Kelli		

** Schedule Subject to Change

*When school is cancelled due to weather, Stretch & Flex will also be cancelled.