

FITNESS CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am-6:20am		BodyFit Jenny 1st 7 weeks		BodyFit Jenny 1st 7 weeks	
8:15am-9:30am	Sculpt Jenny 1st 7 weeks	Sculpt Jenny 1st 7 weeks	Sculpt Jenny 1st 7 weeks	Sculpt Jenny 1st 7 weeks	
8:30am-9:20am		Low Impact Aerobics Sandy 9 weeks		Low Impact Aerobics Sandy 9 weeks	
9:00am-10:00am	Spin Fusion Jessy		Spin Fusion Jessy		Flavors of Fitness Steph (45 min)
9:00am-10:00am	Stretch & Flex Jan/Virgil		Stretch & Flex Jan/Virgil		Stretch & Flex Jan/Virgil
9:30am-10:00am		TBW Sandy 1st 5 weeks		TBW Sandy 1st 5 weeks	
9:30am-10:00am		Family Fitness Sandy 4 weeks		Family Fitness Sandy 4 weeks	
9:40am-10:25am		BodyFit Jenny 1st 7 weeks		BodyFit Jenny 1st 7 weeks	
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		FIT Kelli		
4:30pm-5:00pm		Spin Express Kelli		Spin Express Kelli	
5:15pm-5:45pm		GymFIT Kelli		GymFIT Kelli	
5:30pm-6:20pm	Yoga Dana		Yoga Dana		
5:30pm-6:00pm	Spin Express Kelli		Spin Express Kelli		
6:15pm-6:45pm	GymFIT Kelli		GymFIT Kelli		

** Schedule Subject to Change