

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am-6:20am		BodyFIT Jenny		BodyFIT Jenny	
6:00am-6:30am		Spin Express Lindsey		Spin Express Lindsey	
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	Functional Fitness Jenny	BodyFIT Jenny	
11:00am-11:50am	FIT 50+ Jessy	KickFIT Stephanie *30 minutes	FIT 50+ Jessy	KickFIT Stephanie *30 minutes	
12:15pm-12:45pm		Spin Express Jessy		Spin Express Jessy	
4:30pm-5:20pm	FIT Kelli	BodyFIT Kelli	FIT Kelli	BodyFIT Kelli	
5:30pm-6:00pm	KickFIT Kelli	TBW Sandy	KickFIT Kelli	TBW Sandy	
5:30pm-6:00pm		Spin Express Kelli		Spin Express Kelli	
6:10pm-6:40pm	Yoga Dana	TBW Sandy	Yoga Dana	TBW Sandy	
6:15pm-6:45pm	Spin Express Kelli	Spin Express Kelli	Spin Express Kelli	Spin Express Kelli	

** Schedule Subject to Change