

MONDAY

6:00 a.m. Spin (40 min in G1) Kellie
7:15 a.m. Spin (40 min in G1) Kellie
8:00 a.m. Pilates/Barre (50 min in G2) Garnett
9:00 a.m. Pilates/Barre (50 min in G2) Garnett
Noon Mobility Strength (50 min on floor) Brandon
Noon ZOOM Desk Fitness (20 min. Kellie)
 ID: 362 243 3368
4:30 p.m. Bootcamp (45 min in G2) Garnett

TUESDAY

9:00 a.m. Strength Condition (50 min on floor) Garnett
4:00 p.m. Barre Express (25 min in G2) Kellie
4:30 p.m. Tabata (40 min in G2) Kellie
4:30 p.m. Express Boxing (30 min) Matt
5:30 p.m. Total Body Conditioning (50 min) Kellie
6:30 p.m. Stretch class (40 min) Kellie

**** NEW Zumba with Wendy** first Tuesday of every month beginning 3/7 @ 5:30pm (50 min in G1) Wendy

Wednesday

8:00 a.m. Row/Ski/DB (40 min on floor) Colby
4:00 p.m. Kids Yoga Express (25 min in G1) Kellie
4:30 p.m. Abs, Butt, Core (40 min in G2) Kellie
5:30 p.m. Track Bootcamp (50 min) Kellie
6:30 p.m. Yoga (40 min in G2) Kellie

THURSDAY

5:30 am Total Fit (50 min in G2) Kellie
6:30 am Yoga (50 min in G2) Kellie
7:30 am Bootcamp (50 min in G2) Walter
9:00 am Balance & Band (45 min in G2) Walter
4:00 p.m. Kids Yoga Express (25 min in G1) Kellie
4:30 p.m. Barre Express (25 min in G2) Kellie
5:00 pm Total Fit (50 min in G2) Kellie
6:00 pm Stretch Class (40 min in G2) Kellie
6:15 pm First Responders Bootcamp (50 min on floor) Jon
**** NEW Bollywood Fitness with Sejal Patel & Sonali Batish** first Thursday of every month beginning 3/2 @ 6pm (50 min in G1)

FRIDAY

5:30 a.m. Circuit Strength (50 min on floor) Jon
6:00 a.m. Spin (40 min in G1) Kellie
7:00 a.m. Spin Camp (40 min in G1) Kellie
4:00 p.m. Abs, Butt, Core (40 min in G1) Kellie
5:00 p.m. Happy Hour Spin (50 min in G2) Kellie

SATURDAY

7:00 a.m. Body Bootcamp (40 min on Track) Kellie
8:00 a.m. Core Class (40 min in G2) Kellie
9:00 a.m. Spin (50 min in G1) Kellie
9:00 a.m. Kids Fit class (50 min in G2) Walter
10:00 a.m. Restorative Stretch/Yoga (30 min in G1) Kellie

SUNDAY

11:00 a.m. Teen Orientation class (45-60 min on Floor) Ryan
**** Orientation will be held the last Sunday of the month starting 3/26. See Front desk for details**

