

# Group Fitness

## Class Schedule

### Monday

<b>In Gear:</b> Meghan Dzurik	<b>Spin Room</b>	5:30 - 6:20 AM
<b>Yoga:</b> Melissa Johnson	<b>GFR 2</b>	5:30 - 6:20 AM
<b>Mix it up:</b> Melissa Johnson	<b>Main Floor</b>	10:00 -10:50 AM
☺ <b>Yogalates:</b> Melissa Johnson	<b>GFR 2</b>	11:00 -11:50 AM
☺ <b>Retro - Fit:</b> Gwen Mauney	<b>Main Floor</b>	11:00 -11:50 AM
<b>Boxing Express:</b> Ryan Howard	<b>Boxing</b>	12:15 -12:45 PM
<b>Mobility Strength:</b> Brandon Chavers	<b>Main Floor</b>	12:00 -12:50 PM
<b>Barre:</b> Melissa Johnson	<b>GFR 2</b>	12:00 -12:50 PM
<b>TRX:</b> Megan Stephens	<b>Main Floor</b>	4:00 - 4:50 PM
<b>Barre/Pilates:</b> Garnett Willard	<b>GFR 2</b>	4:30 - 5:20 PM
<b>FitCamp:</b> Melissa Johnson	<b>Track</b>	5:00 - 5:50 PM
<b>Kids Circuit (Ages 7-12):</b> Colby Bruton	<b>Kid Fitness</b>	5:30 - 6:15 PM
<b>Boxing Bootcamp:</b> Ryan Howard	<b>Boxing</b>	5:30 - 6:20 PM
<b>Barre/Pilates:</b> Garnett Willard	<b>GFR 2</b>	5:30 - 6:20 PM
☺ <b>Aqua Fitness:</b> Cliff Barnett, Jr.	<b>Oleander Rehab</b>	5:30 - 6:20 PM
<b>Yoga – Vinyasa Flow:</b> Melissa Johnson	<b>GFR 1</b>	6:00 - 6:50 PM
● <b>Olympic Weightlifting:</b> Colby Bruton	<b>Main Floor</b>	6:30 - 7:20 PM
☺ <b>Yoga – Slow Flow:</b> Erica Martin	<b>GFR 2</b>	7:00 - 7:50 PM

### Tuesday

<b>Circuit Strength:</b> Nehemiah Johnson	<b>Main Floor</b>	5:30 - 6:20 AM
<b>Spinlates:</b> Beth Andrew	<b>Spin &amp; GFR 2</b>	9:00 - 9:50 AM
<b>Mix it up:</b> Chelsea Fisher	<b>Main Floor</b>	10:00 -10:50 AM
☺ <b>Yoga – Slow Flow:</b> Erica Martin	<b>GFR 2</b>	12:00 -12:50 PM
<b>Bands &amp; Balance Training:</b> Jen Butler	<b>GFR 1</b>	12:00 -12:50 PM
● <b>Century Strength:</b> Colby Bruton	<b>Main Floor</b>	4:00 - 4:50 PM
● <b>Bootcamp:</b> Lisa Guy	<b>GFR 1</b>	4:00 - 4:50 PM
<b>Barre:</b> Melissa Johnson	<b>GFR 2</b>	5:00 - 5:50 PM
<b>Kettlebell Bootcamp:</b> Rotates Instructor	<b>Track</b>	5:00 - 5:50 PM
<b>Flow Yoga:</b> Constance Brooks	<b>GFR 2</b>	6:00 - 6:50 PM
<b>Boxing Bootcamp:</b> Courtne Whaley	<b>Boxing</b>	6:00 - 6:50 PM
<b>Spin:</b> Melissa Johnson	<b>Spin Room</b>	6:00 - 6:50 PM
<b>Mix it up:</b> Cliff Barnett, Jr.	<b>Track</b>	7:30 - 8:20 PM

### Wednesday

<b>In Gear:</b> Meghan Dzurik	<b>Spin Room</b>	5:30 - 6:20 AM
<b>Yoga:</b> Melissa Johnson	<b>GFR 2</b>	5:30 - 6:20 AM
<b>Mix it up:</b> Garnett Willard	<b>GFR 2</b>	10:00 -10:50 AM
<b>Barre/Pilates:</b> Garnett Willard	<b>GFR 2</b>	11:00 -11:50 AM
☺ <b>Retro - Fit:</b> Gwen Mauney	<b>Main Floor</b>	11:00 -11:50 AM
<b>Barre/Pilates:</b> Garnett Willard	<b>GFR 2</b>	12:00 -12:50 PM
<b>Boxing Express:</b> Ryan Howard	<b>Boxing</b>	12:15 -12:45 PM
<b>TRX:</b> Megan Stephens	<b>Main Floor</b>	4:00 - 4:50 PM

● <b>Pilates:</b> Melissa Johnson	<b>GFR 2</b>	<b>4:30 - 5:20 PM</b>
<b>Kids Circuit (Ages 7-12):</b> Colby Bruton	<b>Kid Fitness</b>	<b>5:30 - 6:15 PM</b>
<b>Flow Yoga:</b> Constance Brooks	<b>GFR 2</b>	<b>5:30 - 6:20 PM</b>
<b>Boxing Bootcamp:</b> Ryan Howard	<b>Boxing</b>	<b>5:30 - 6:20 PM</b>
☺ <b>Aqua Fitness:</b> Cliff Barnett, Jr.	<b>Oleander Rehab</b>	<b>5:30 - 6:20 PM</b>
● <b>Olympic Weightlifting:</b> Colby Bruton	<b>Main Floor</b>	<b>6:30 - 7:20 PM</b>
☺ <b>Yoga – Slow Flow:</b> Erica Martin	<b>GFR 2</b>	<b>7:00 - 7:50 PM</b>

## Thursday

<b>Circuit Strength:</b> Nehemiah Johnson	<b>Main Floor</b>	<b>5:30 - 6:20 AM</b>
<b>Spinlates:</b> Beth Andrew	<b>Spin &amp; GFR 2</b>	<b>9:00 - 9:50 AM</b>
<b>Mix it up:</b> Chelsea Fisher	<b>Main Floor</b>	<b>10:00 -10:50 AM</b>
☺ <b>Yoga – Slow Flow:</b> Erica Martin	<b>GFR 2</b>	<b>12:00 -12:50 PM</b>
<b>Circuit Strength:</b> Nehemiah Johnson	<b>Main Floor</b>	<b>12:00 -12:50 PM</b>
● <b>Century Strength:</b> Colby Bruton	<b>Main Floor</b>	<b>4:00 – 4:50 PM</b>
● <b>Bootcamp:</b> Lisa Guy	<b>GFR 1</b>	<b>4:00 - 4:50 PM</b>
<b>Kettlebell Bootcamp:</b> Rotates Instructor	<b>Track</b>	<b>5:00 - 5:50 PM</b>
<b>Yoga – Vinyasa Flow:</b> Melissa Johnson	<b>GFR 2</b>	<b>5:00 - 5:50 PM</b>
<b>Zumba:</b> Wendy Joyner	<b>GFR 1</b>	<b>5:15 - 6:05 PM</b>
<b>Boxing Bootcamp:</b> Courtnie Whaley	<b>Boxing</b>	<b>6:00 - 6:50 PM</b>
<b>Spin:</b> Melissa Johnson	<b>Spin Room</b>	<b>6:00 - 6:50 PM</b>
<b>Mix it up:</b> Cliff Barnett, Jr.	<b>Track</b>	<b>7:30 - 8:20 PM</b>

## Friday

<b>In Gear:</b> Melissa Johnson	<b>Spin Room</b>	<b>5:30 - 6:20 AM</b>
<b>Strength &amp; Endurance:</b> Courtnie Whaley	<b>SYNRGY</b>	<b>10:30 -11:20 AM</b>
● <b>Barre/Pilates:</b> Garnett Willard	<b>GFR 2</b>	<b>12:00 -12:50 PM</b>
<b>Boxing Express:</b> Courtnie Whaley	<b>Boxing</b>	<b>12:15 -12:45 PM</b>

## Saturday

<b>Yoga – Vinyasa Flow:</b> Melissa Johnson	<b>GFR 2</b>	<b>7:00 - 7:50 AM</b>
☺ <b>Running 101:</b> Chelsea Fisher	<b>Service Desk</b>	<b>7:00 - 7:50 AM</b>
<b>Spin:</b> Ryan Howard	<b>Spin Room</b>	<b>8:00 - 8:50 AM</b>
☺ <b>Aqua Fitness:</b> Donald Britt	<b>Oleander Rehab</b>	<b>8:00 - 8:50 AM</b>
<b>Pilates:</b> Melissa Johnson	<b>GFR 2</b>	<b>8:30 - 9:20 AM</b>
● <b>Bootcamp:</b> Rotates Instructor	<b>GFR 1</b>	<b>9:30 - 10:20 AM</b>
<b>Kids Camp (5- 12 yr old):</b> Colby Bruton/Donald Britt	<b>GFR 2</b>	<b>9:30 - 10:20 AM</b>
<b>EFC Orientation (Sign up):</b> Nehemiah Johnson	<b>Service Desk</b>	<b>10:30 -11:30 AM</b>

● Indicates an advanced level class ☺ Indicates a Beginner and Back Pain Pathway friendly class

11/17/2019