

MONDAY

6:00 a.m. Spin (40 min in Spin Room) Kellie
7:00 a.m. Yoga (40 min G2) Kellie
8:00 a.m. Pilates/Barre (50 min in G2) Garnett
Noon ZOOM Desk Fitness (20 min. Kellie)
 ID: 362 243 3368
5:00 p.m. Cardio Kickboxing (50 min in G2) Karolyne
6:00 p.m. TRX (50 min in Main floor) Karolyne

THURSDAY

5:30 am Total Fit (50 min in G2) Kellie
6:30 am Yoga (50 min in G2) Kellie
8:00 a.m. Step & Sculpt (50 min in G2) Karolyne
9:00 a.m. Stretch (40 min in G2) Karolyne
9:00 a.m. Bands & Balance (45 min on floor) Stephanie**NEW
10:00 a.m. Boxing Bootcamp (45 min) Stephanie
4:00 p.m. Kids Fit 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 (40 min in G2) Kellie

TUESDAY

8:00 a.m. Total Body Strength (50 min) Karolyne **NEW
9:00 a.m. Tabata (50 min in G2) Karolyne
10:00 a.m. Yoga Flow (50 min in G2) Kellie
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 in G2) Kellie

FRIDAY

6:00 a.m. Spin (40 min in Spin Room) Kellie
7:00 a.m. Spin & Sculpt (40 min in Spin Room) Kellie
8:00 a.m. Kick & Sculpt (50 min in G2) Karolyne
9:00 a.m. Core (30 min in G2) Karolyne

Wednesday

6:00 a.m. Spin (50 min in Spin Room) Kellie
7:00 a.m. Yoga Flow (50 min G2) Kellie
9:00 a.m. Boxing Bootcamp (45 min) Stephanie
10:00 a.m. Pump & Core (45 min on track) Stephanie
4:00 p.m. Kids Fitness (25 min in G1) Kellie
4:30 p.m. 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

SATURDAY

7:00 a.m. Bootcamp (40 min on Track) Kellie
8:00 a.m. Core Strength (40 min in G2) Kellie
9:00 a.m. Zumba (45 min in G1) Wendy
9:00 a.m. Spin (50 min in Spin Room) Kellie
9:00 a.m. Kids Fit class (50 min in G2) Stephanie
10:00 a.m. Boxing Bootcamp (45 min) Stephanie
10:00 a.m. Stretch (30 min in G1) Kellie
11:00 a.m. Yoga Flow (50 min in G2) Kellie

