



# March/April Group Fitness

Classes are subject to CHANGE or CANCELLATION due to instructors availability or class participation

March 1 - April 30, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:00am	Pump & Sculpt Melissa	R.I.P.P.E.D. CORE Ashleigh	30 min SPINNING Mark	BARRE Above Jennifer	30 min SPINNING Teresa	
8:00-8:40am						Power SPINNING Mark
9:00-9:45am						Boot Camp Will
8:30-9:15am	Cardio Interval Ashleigh	BARRE Above Jennifer	Pure Strength Jennifer	Circuit Jennifer B.	Core & Stretch Jennifer	
10:00-10:30am	Fit for Seniors Cardio Ashleigh		Fit for Seniors Strength Jennifer		Fit for Seniors Stretch & Flex Jennifer	
4:00-4:30pm	Short Circuits Jennifer	CORE-Fusion Heather	30 min SPINNING Teresa			
4:45-5:30pm	Pure Strength Jennifer	R.I.P.P.E.D. Mix Heather	BARRE Above Michelle	Circuit Michelle		
5:45-6:30pm	30 min SPINNING Mark	Havin' a Ball Stephanie	YOGA Emily	Boot Camp Michelle		
6:00-6:45pm						

Teresa Aeilts, Jennifer Bailey, Lori Birnbaum, Will Clutter, Melissa Davis, Mark Graue, Stephanie Hall, Ashleigh Mauhar, Jennifer Prather, Heather Ramey, Taylor Rohrer, Emily Ryan, Michelle Ryan

Visit us on Facebook for any class cancellations-Fit Zone Hours Weekdays 5am-10pm Sat/Sun 5:30am-10pm