

Group Fitness Weekly Schedule

MONDAY

Rise, Spin & Shine
With Kim
6:30-7:15am

Yin Yoga
With Nicole
9:15-10:15am
(Rotary Room)

Groove
With Kim
11:10-11:55am

SpinStrong
With Kim
12:05-12:50pm

Barbell Pump
With Michelle
5:15-6:15pm

Empower
With Kristina
7:00-7:45pm

TUESDAY

Heart & Core
With Kelli
12:05-12:50pm

RhythmSpinSTRONG
With Kim
5:15-6:15pm

WEDNESDAY

StrongBodyBasics
With Kim
9:00-9:45am

Step It Up
With Kim
10:00-10:45am

Build It
With Kristina
12:05-12:50pm

Strong & Sweaty
With Michelle
5:15-6:15pm

Empower
With Kristina
7:00-7:45pm

THURSDAY

Functional Fit-HIIT
With Michelle
6:30-7:15am

Pilates
With Sharron
9:00-9:45am

Essentrics
With Sharron
10:00-10:45am

Build It
With Kristina
12:05-12:50pm

RhythmSpinSTRONG
With Kim
5:15-6:15pm

Yin Yoga
With Nicole
7:00-8:00pm
(Rotary Room)

FRIDAY

Rise, Spin & Shine
With Kim
6:30-7:15am

A.M Abs
With Kelli
9:00-9:45am

Unwind
With Kelli
10:00-10:45am

Essentrics
With Karine
12:05-12:50pm

SATURDAY

Full Body Blast
With Kristina
10:00-10:45am

SUNDAY

**NO
CLASSES**

Programs Begin March 18th - May 20th

Start Date

Monday, March 18th

Tuesday, March 19th

Wednesday, March 20th

Thursday, March 21st

Friday, March 22nd

Saturday, March 23rd

Class

Rise, Spin & Shine
Yin Yoga
Groove
SpinStrong
Barbell Pump
Empower

Heart & Core
RhythmSpinSTRONG

StrongBodyBasics
Step It Up
Build It
Strong & Sweaty
Empower

Functional Fit-HIIT
Pilates
Essentrics
Build It
RhythmSpinSTRONG
Yin Yoga

Rise, Spin & Shine
A.M. Abs
Unwind
Essentrics

Full Body Blast

End Date

May 13th
May 13th
May 13th
May 13th
May 13th
May 13th

May 14th
May 14th

May 15th
May 15th
May 15th
May 15th
May 15th

May 16th
May 16th
May 16th
May 16th
May 16th
May 16th

May 17th
May 17th
May 17th
May 17th

May 18th

No Classes

No class March 18 & April 3

No class April 3

No class April 3

No class April 13th

Cost: Members holding 3, 6 month or annual memberships is free.

Members with Group Visit packages can register for the amount of classes (10 or 25, depending on package).

Non - members will pay a reduced rate depending on weeks of classes.