

Fit for Life 24 Group Fitness

April 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen		ZUMBA Natalia	BODYPUMP Lisa
9:30-10:30am	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYCOMBAT Lisa CYCLING Cathy SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYJAM NO CLASS SMARTFIT CORE BLAST	CYCLING Garrett SMARTFIT BOOTCAMP	BODYCOMBAT Lisa SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Chanel
4:30-5:30pm		TABATA Trey				
5:30-6:30pm	CYCLING Rhonda BODYJAM NO CLASS SMARTFIT HIIT LB	BODYPUMP Danny SMARTFIT HIIT UB	BODYCOMBAT NO CLASS SMARTFIT BOOTCAMP	BODYPUMP Ashley SMARTFIT HIIT LB		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	TABATA Trey SMARTFIT HIIT LB	ZUMBA Chris SMARTFIT HIIT UB	CYCLING Rhonda BODYJAM Chanel SMARTFIT BOOTCAMP	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT LB		
7:30-8:30pm	BODYPUMP Kelly	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	9	10	11	12	13	14
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen		ZUMBA Natalia	BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Rhonda SMARTFIT HIIT LB	BODYPUMP Morgan SMARTFIT HIIT UB	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT HIIT LB	BODYCOMBAT Lisa SMARTFIT HIIT TB
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6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Morgan SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB	CYCLING Rhonda BODYJAM Chanel SMARTFIT HIIT TB	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT UB		
7:30-8:30pm	BODYPUMP Kelly	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
SPRING INTO FITNESS LAUNCH WEEK! NEW MUSIC! NEW CHOREOGRAPHY!						
	16	17	18	19	20	21
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA LAUNCH Natalia	CREATIVE CORE Kristen		ZUMBA Natalia	BODYPUMP Lisa
9:30-10:30am	BODYPUMP LAUNCH Rachael & Katie SMARTFIT BOOTCAMP	BODYCOMBAT Lisa CYCLING Rhonda SMARTFIT HIIT LB	BODYPUMP Morgan SMARTFIT HIIT UB	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT BOOTCAMP	BODYCOMBAT Lisa SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Chanel

4:30-5:30pm		TABATA Trey				
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT HIIT UB	BODYPUMP LAUNCH Danny & Kelly SMARTFIT BOOTCAMP	BODYCOMBAT Ashley SMARTFIT HIIT LB	BODYPUMP Morgan SMARTFIT HIIT TB		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST		
6:30-7:30pm	BODYCOMBAT LAUNCH Ashley & Morgan SMARTFIT HIIT UB	ZUMBA Chris SMARTFIT BOOTCAMP	CYCLING LAUNCH Rhonda, Garrett, Kevin BODYJAM LAUNCH Chanel & Morgan SMARTFIT HIIT LB	ZUMBA LAUNCH Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm	BODYPUMP Kelly	HIP HOP LAUNCH Stephanie	YOGA LAUNCH Katie	HIP HOP Stephanie		
	23	24	25	26	27	28
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen		ZUMBA Natalia	BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Rhonda SMARTFIT HIIT UB	BODYPUMP Morgan SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT HIIT UB	BODYCOMBAT Lisa SMARTFIT HIIT TB
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7:30-8:30pm	BODYPUMP Kelly					

Questions or concerns? Please contact Morgan Hazelwood, Group Fitness Director at morganff124@yahoo.com. All SMARTFIT classes in GREEN are held at our Highway 33 location. Anyone can try out a class for free, just call 252.689.6277 and set up an appointment! Classes highlighted YELLOW are intern classes and will be offered through April.