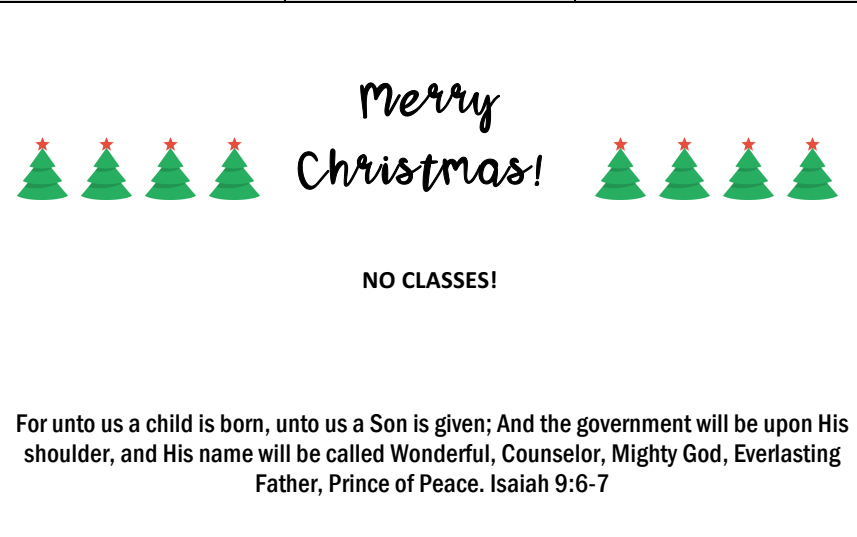


Fit for Life 24 Group Fitness

December 2017

SMARTFIT360 Classes – **HIGHLIGHTED in GREEN**, are held at our location on Highway 33. This is a paid program and you must reserve these classes. If you're interested in this small group training, please see our front desk staff. Those classes not highlighted are offered at our main location on Dunhagan Drive.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
8:30-9:30am						BODYPUMP Lisa
9:30-10:30am					CYCLING Garrett ZUMBA Natalia HIIT LB Derek	BODYCOMBAT Lisa BOOTCAMP Derek
10:30-11:30am					BODYPUMP Kelly	ZUMBA Chanel
	4	5	6	7	8	9
5:30-6:30am		BODYPUMP Lisa				
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Danny	CREATIVE CORE Kristen			BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael BOOTCAMP LeAnne	BODYCOMBAT Morgan CYCLING Rhonda HIIT TB Jess	BODYPUMP Morgan HIIT LB LeAnne	BODYJAM Morgan CORE BLAST Jess	CYCLING Garrett ZUMBA Natalia HIIT UB Derek	BODYCOMBAT Lisa BOOTCAMP Derek
10:30-11:30am	SENIOR FIT EDM Julia	SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Stephanie
11:30am-12:30pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan HIIT TB Jenny	BODYPUMP Danny BOOTCAMP Liz	BODYCOMBAT Morgan HIIT UB Liz	BODYPUMP Ashley BOOTCAMP Derek		
6:00-6:30	CORE BLAST Jenny	CORE BLAST Liz	CORE BLAST Liz	BOOTCAMP Derek		
6:30-7:30pm	BODYCOMBAT Ashley HIIT TB Jenny	ZUMBA Chris BOOTCAMP TB Liz	CYCLING Rhonda BODYJAM Chanel HIIT TB Liz	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm	BODYPUMP Yoshika	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	11	12	13	14	15	16
5:30-6:30am		BODYPUMP Yoshika		Total Body Conditioning Julia		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Danny	CREATIVE CORE Kristen		Intro to SPT Julia	BODYPUMP Ashley
9:30-10:30am	BODYPUMP Rachael HIIT TB Derek	BODYCOMBAT Morgan CYCLING Rhonda HIIT LB LeAnne	BODYPUMP Morgan BOOTCAMP Derek	BODYJAM Morgan HIIT TB LeAnne	CYCLING Garrett ZUMBA Chanel BOOTCAMP Derek	BODYCOMBAT NO CLASS HIIT TB Jess
10:30-11:30am	SENIOR FIT EDM Julia	SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Stephanie
11:30am-12:30pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan BOOTCAMP Liz	BODYPUMP Danny HIIT TB Jenny	BODYCOMBAT Ashley HIIT LB Liz	BODYPUMP Ashley HIIT UB Derek		
6:00-7:00pm	CORE BLAST Liz	CORE BLAST Jenny	CORE BLAST Liz			
6:30-7:30pm	BODYCOMBAT Ashley BOOTCAMP Liz	ZUMBA Chris HIIT TB Jenny	CYCLING Rhonda BODYJAM Chanel HIIT LB Liz	ZUMBA Chanel CYCLING Kevin HIIT UB Derek		
7:30-8:30pm	BODYPUMP Kelly	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		

	18	19	20	21	22	23		
5:30-6:30am		BODYPUMP Lisa		Total Body Conditioning Julia				
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Danny	CREATIVE CORE Kristen		Intro to SPT Julia	BODYPUMP Lisa		
9:30-10:30am	BODYPUMP Rachael BOOTCAMP LeAnne	BODYCOMBAT Morgan CYCLING Rhonda CORE BLAST Jess	BODYPUMP Morgan HIIT TB LeAnne	BODYJAM Morgan BOOTCAMP LeAnne	CYCLING Garrett ZUMBA Chanel BOOTCAMP Derek	BODYCOMBAT Lisa		
L2410:30-11:30am	SENIOR FIT EDM Julia	SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Stephanie		
11:30am-12:30pm								
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan HIIT TB Liz	BODYPUMP Danny BOOTCAMP Jenny	BODYCOMBAT Ashley HIIT LB Liz	BODYPUMP Ashley BOOTCAMP Derek				
6:00-7:00pm	CORE BLAST Liz	CORE BLAST Jenny	CORE BLAST Liz					
6:30-7:30pm	BODYCOMBAT Ashley HIIT TB Liz	ZUMBA Chris BOOTCAMP Jenny	CYCLING Rhonda BODYJAM Chanel HIIT LB Liz	ZUMBA Chanel CYCLING Kevin HIIT UB Derek				
7:30-8:30pm	BODYPUMP Yoshika	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie				
	25	26	27	28	29	30		
5:30-6:30am				Total Body Conditioning Julia				
8:30-9:30am					Intro to SPT Julia	BODYPUMP Ashley		
9:30-10:30am					BODYJAM Morgan BOOTCAMP LeAnne	CYCLING Garrett ZUMBA Chris BOOTCAMP Derek	BODYCOMBAT Morgan HIIT TB Derek	
10:30-11:30am						SENIOR FIT Kelly	BODYPUMP Kelly	ZUMBA Stephanie
11:30am-12:30pm								
6:00-7:00pm								
5:30-6:30pm							BODYPUMP Ashley HIIT UB Derek	
6:30-7:30pm							ZUMBA Stephanie CYCLING Kevin HIIT UB Derek	
7:30-8:30pm				HIP HOP Stephanie				