

Fit for Life 24 Group Fitness

MAY 2019

Cycling on Tuesdays at 6:30pm, Athletic HIIT Wednesday at 8:30am & Thursday at 6:00am are CANCELLED.

Cycling classes must be signed up for online prior to class. Slots open 24 hours in advance and close one hour before class time. If you have any questions please stop by the front desk or ask your instructors.

Fit Fresh Cycling is for Fit Fresh Members only.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
8:30-9:30am					ZUMBA Natalia	BODYPUMP Christy
9:30-10:30am			BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Jessica
10:30-11:30am				SENIOR FIT Kelly		ZUMBA Stephanie
5:30-6:30pm			BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm			BODYJAM Chanel Fit Fresh Cycling Kelly	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm			YOGA Katie	HIP HOP Stephanie		
	6	7	8	9	10	11
5:30-6:30am		BODYPUMP Jessica				
8:30-9:30am		ZUMBA Natalia			ZUMBA Natalia	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	BODYJAM Chanel Fit Fresh Cycling Kelly	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	13	14	15	16	17	18
5:30-6:30am		BODYPUMP Lisa				
8:30-9:30am		ZUMBA Natalia			ZUMBA Natalia	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Stephanie
11:30-12:15pm						
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	BODYJAM Chanel Fit Fresh Cycling Kelly	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA LAUNCH Katie	HIP HOP Stephanie		

	20	21	22	23	24	25
5:30-6:30am		BODYPUMP Lisa				
8:30-9:30am		ZUMBA Natalia			ZUMBA Natalia	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Lori CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris	BODYJAM Chanel Fit Fresh Cycling Kelly	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	27	28	29	30	31	1
5:30-6:30am		BODYPUMP Lisa				
8:30-9:30am		ZUMBA Natalia			ZUMBA Natalia	BODYPUMP Christy
9:30-10:30am	MEMORIAL DAY	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Jessica
10:30-11:30am	NO CLASSES	SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Stephanie
5:30-6:30pm		BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm		ZUMBA Chris	BODYJAM Chanel Fit Fresh Cycling Kelly	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		