

Fit for Life 24 Group Fitness

APRIL 2019

Fit Fresh classes are for Fit Fresh Members only! LAUNCH WEEK with all new choreo & music is April 13th-20th!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
5:30-6:30am		BODYPUMP Lisa		6amATHLETIC HIIT Jessica		
8:30-9:30am		ZUMBA Natalia	ATHLETIC HIIT Lori		ZUMBA Natalia	BODYPUMP Christy
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 Stephanie
11:30-12:15pm						FitFreshTrainingCoriana
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		BRING HOME BABY OLSON! Zumba & Bootcamp Fundraiser 2:00pm
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris CYCLING Lauren	BODYJAM Chanel Fit Fresh Cycling Rhonda	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	8	9	10	11	12	13
5:30-6:30am		BODYPUMP Lisa		6amATHLETIC HIIT Jessica		LAUNCH SATURDAY!!! Sign up at the table to reserve your spots!
8:30-9:30am		ZUMBA Natalia	ATHLETIC HIIT Lori		ZUMBA Natalia	BODYPUMP LAUNCH Jessica, Kelly, Lori & Morgan
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT LAUNCH Jessica, Ashley, Morgan & Lori
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Chanel
11:30-12:15pm						FitFreshTrainingCoriana
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT Jessica CYCLING Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT Lori	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA Chris CYCLING Lauren	BODYJAM Chanel Fit Fresh Cycling Lauren	ZUMBA Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP NO CLASS	YOGA Katie	HIP HOP NO CLASS		
	15	16	17	18	19	20
5:30-6:30am		BODYPUMP Lisa		6amATHLETIC HIIT Jessica		
8:30-9:30am		ZUMBA Natalia	ATHLETIC HIIT Lori		ZUMBA Natalia	BODYPUMP Lori
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT Morgan CYCLING Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Jessica
10:30-11:30am		SENIOR FIT Kellyd		SENIOR FIT Kelly		ZUMBA Stephanie
11:30-12:15pm						FitFreshTrainingCoriana

5:30-6:30pm	CYCLING LAUNCH Rhonda, Lauren, Cathy BODYJAM Morgan	BODYPUMP Jessica	BODYCOMBAT CYCLING Jessica Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT LAUNCH Jessica & Lori	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA CYCLING Chris Lauren	BODYJAM LAUNCH Chanel & Morgan Fit Fresh Cycling Lauren	ZUMBA LAUNCH Chanel CYCLING Kevin		
7:30-8:30pm		HIP HOP LAUNCH Steph	YOGA LAUNCH Katie	HIP HOP Stephanie		
	22	23	24	25	26	27
5:30-6:30am		BODYPUMP Lisa		6amATHLETIC HIIT Jessica		
8:30-9:30am		ZUMBA Natalia	ATHLETIC HIIT Lori		ZUMBA Natalia	BODYPUMP Jessica
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT CYCLING Morgan Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Lori
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Chanel
11:30-12:15pm						FitFreshTrainingCoriana
5:30-6:30pm	CYCLING BODYJAM Rhonda Morgan	BODYPUMP Jessica	BODYCOMBAT CYCLING Jessica Rhonda	BODYPUMP Kelly		
6:00-6:30pm					ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley	ZUMBA CYCLING Chris Lauren	BODYJAM Fit Fresh Cycling Chanel Lauren	ZUMBA CYCLING Chanel Kevin		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	29	30	1	2	3	4
5:30-6:30am		BODYPUMP Lisa		6amATHLETIC HIIT Jessica		
8:30-9:30am		ZUMBA Natalia	ATHLETIC HIIT Lori		ZUMBA Natalia	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael	BODYCOMBAT CYCLING Morgan Cathy	BODYPUMP Morgan	BODYJAM Morgan	BODYPUMP Kelly	BODYCOMBAT Jessica
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7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		