Fit for Life 24 Group Fitness — AUGUST 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5:30-6:30am	ZUMBA on Fridays has been moved from 8:30am to 9:30am Questions or concerns? Please contact Morgan Hazelwood, Group Fitness Director at morganffl24@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!			TABATA Trey		
8:30-9:30am			CREATIVE CORE Kristen			BODYPUMP Kelly
9:30-10:30am			BODYPUMP Morgan SMARTFIT HIIT UB	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Cathy SMARTFIT HIIT LB ZUMBA Natalia	BODYCOMBAT Heather SMARTFIT HIIT TB
10:30-11:30am				SENIOR FIT Kelly	BODYPUMP Kourtney	ZUMBA Stephanie
4:45-5:30pm						
5:30-6:30pm			BODYCOMBAT Heather SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT BOOTCAMP		
6:00-6:30pm			SMARTFIT CORE BLAST			
6:30-7:30pm			CYCLING Rhonda SMARTFIT HIIT TB BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm			YOGA Katie	HIP HOP Stephanie		
	6	7	8	9	10	11
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen			BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael SMARTFIT BOOTCAMP	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Morgan SMARTFIT HIIT UB	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT BOOTCAMP ZUMBA Chris	BODYCOMBAT Lisa SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Morgan	ZUMBA Chanel
4:45-5:30pm		TABATA Trey				
5:30-6:30pm	CYCLING Rhonda BODYJAM Heather SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB	BODYCOMBAT Ashley SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT HIIT TB		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Kevin	CYCLING Rhonda SMARTFIT HIIT LB BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin SMARTFIT BOOTCAMP		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	13	14	15	16	17	18

GROUP FITNESS LAUNCH WEEK! BRING A FRIEND ALL WEEK LONG!

5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE LAUNCH Kristen	ZUMBA LAUNCH Natalia	CREATIVE CORE Kristen			BODYPUMP Kelly
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT LAUNCH Morgan & Lisa CYCLING Cathy SMARTFIT HIIT UB	BODYPUMP LAUNCH Morgan & Rachael SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT LB	CYCLING Garrett SMARTFIT HIIT TB ZUMBA Natalia	BODYCOMBAT Heather SMARTFIT HIIT TB

10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Morgan	ZUMBA Stephanie
4:45-5:30pm		TABATA Trey				
5:30-6:30pm	CYCLING Rhonda BODYJAM LAUNCH Morgan & Chanel SMARTFIT BOOTCAMP	BODYPUMP LAUNCH Kelly & Morgan SMARTFIT HIIT LB	BODYCOMBAT Heather SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT LAUNCH Ashley & Heather SMARTFIT BOOTCAMP	ZUMBA LAUNCH Chris SMARTFIT HIIT LB CYCLING LAUNCH Cycling Team	CYCLING Rhonda SMARTFIT BOOTCAMP BODYJAM Chanel	ZUMBA LAUNCH Chanel CYCLING Kevin SMARTFIT HIIT UB		
7:30-8:30pm	YOGA Kristen	HIP HOP LAUNCH Stephanie	YOGA LAUNCH Katie	HIP HOP Stephanie		
	20	**21**	22	23	24	25
5:30-6:30am		BODYPUMP Lisa		TABATA Trey		
8:30-9:30am	CREATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen			BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Morgan SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT BOOTCAMP ZUMBA Natalia	BODYCOMBAT Lisa SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Morgan	ZUMBA Chanel
4:45-5:30pm		TABATA Trey				
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB	BODYCOMBAT Ashley SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Kevin	CYCLING Garrett SMARTFIT HIIT LB BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	27	28	29	30	31	
5:30-6:30am		BODYPUMP Kelly		TABATA Trey		
8:30-9:30am	CEATIVE CORE Kristen	ZUMBA Natalia	CREATIVE CORE Kristen			BODYPUMP Lisa
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Morgan SMARTFIT HIIT UB	BODYJAM Morgan SMARTFIT HIIT TB	CYCLING Garrett SMARTFIT HIIT LB ZUMBA Natalia	BODYCOMBAT Lisa SMARTFIT HIIT TB
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4:45-5:30pm		TABATA Trey				
5:30-6:30pm	CYCLING Kevin BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB	BODYCOMBAT Heather SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT BOOTCAMP		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Garrett	CYCLING Garrett SMARTFIT HIIT TB BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		