

| Fit for Life 24 Group Fitness |   |  |   |   |                                    | FEBRUARY 2019                           |                       |                    |
|-------------------------------|---|--|---|---|------------------------------------|---|-----------------------|--------------------|
|                               | Monday  | Tuesday  | Wednesday   | Thursday  | Friday                             | Saturday                                |                       |                    |
|                               |   |  |   |   | 1                                  | 2                                       |                       |                    |
| 8:30-9:30am                   | <b>SMARTFIT CLASSES IN GREEN ARE HELD AT OUR HIGHWAY33 LOCATION AND ARE FOR SMARTFIT MEMBERS ONLY.</b><br><b>FitFresh CLASSES ARE HELD AT OUR EVANS STREET LOCATION AND ARE FOR FitFresh MEMBERS ONLY.</b><br><b>***EFFECTIVE FEBRUARY 11<sup>TH</sup> *** ALL CYCLING CLASSES WILL REQUIRE ONLINE SIGN-UP TO RESERVE A BIKE. PLEASE SEE YOUR INSTRUCTORS OR THE FRONT DESK FOR MORE DETAILS.</b> |  |   |   |                                    |   | ZUMBA Chanel          | BODYPUMP Christy   |
| 9:30-10:30am                  |   |  |   |   |                                    |   | BODYPUMP Kelly        | BODYCOMBAT Jessica |
| 10:30-11:30am                 |   |  |   |   |                                    |   | BODYPUMP Kelly        | ZUMBA Stephanie    |
| 5:30-6:30pm                   |   |  |   |   |                                    |   | ATHLETIC HIIT Jessica |                    |
|                               | 4   | 5  | 6   | 7   | 8                                  | 9                                       |                       |                    |
| 5:30-6:30am                   |   | BODYPUMP Lisa  |   | ATHLETIC HIIT Jessica                             |                                    |   |                       |                    |
| 8:30-9:30am                   | ATHLETIC HIIT Lori  | ZUMBA Natalia  | ATHLETIC HIIT Lori  |   | ZUMBA Natalia                      | BODYPUMP Kelly                          |                       |                    |
| 9:30-10:30am                  | BODYPUMP Rachael<br>SMARTFIT HIIT TB  | BODYCOMBAT Morgan<br>CYCLING Cathy<br>SMARTFIT HIIT UB | BODYPUMP Kelly<br>SMARTFIT BOOTCAMP                         | BODYJAM Morgan<br>SMARTFIT HIIT LB                | BODYPUMP Kelly<br>SMARTFIT HIIT TB | BODYCOMBAT Lori<br>SMARTFIT BOOTCAMP    |                       |                    |
| 10:30-11:30am                 |   | SENIOR FIT Carol                                       |   | SENIOR FIT Kelly                                  |                                    | ZUMBA Chanel                            |                       |                    |
| 11:30-12:15pm                 |   |  |   |   |                                    |   |                       |                    |
| 5:30-6:30pm                   | CYCLING Rhonda<br>BODYJAM Morgan<br>SMARTFIT BOOTCAMP   | BODYPUMP Kelly<br>SMARTFIT HIIT LB                     | BODYCOMBAT Jessica R<br>CYCLING Rhonda<br>SMARTFIT BOOTCAMP | BODYPUMP Kelly<br>SMARTFIT HIIT UB                | ATHLETIC HIIT Jessica              |   |                       |                    |
| 6:00-6:30pm                   | SMARTFIT CORE BLAST   | SMARTFIT CORE BLAST                                    | SMARTFIT CORE BLAST   |   |                                    |   |                       |                    |
| 6:30-7:30pm                   | BODYCOMBAT Ashley<br>SMARTFIT BOOTCAMP  | ZUMBA Chris<br>SMARTFIT HIIT LB<br>CYCLING Lauren      | SMARTFIT BOOTCAMP<br>BODYJAM Chanel                         | ZUMBA Chanel<br>CYCLING Kevin<br>SMARTFIT HIIT UB |                                    |   |                       |                    |
| 7:30-8:30pm                   | YOGA Kristen  | HIP HOP Stephanie                                      | YOGA Katie  | HIP HOP Stephanie                                 |                                    |   |                       |                    |
|                               | 11  | 12   | 13  | 14  | 15                                 | 16                                      |                       |                    |
| 5:30-6:30am                   | <i>Make sure to sign up for your cycling classes!</i>   | BODYPUMP Lisa  |   | ATHLETIC HIIT Jessica                             |                                    |   |                       |                    |
| 8:30-9:30am                   | ATHLETIC HIIT Lori  | ZUMBA Natalia  | ATHLETIC HIIT Lori  |   | ZUMBA Natalia                      | BODYPUMP Lori                           |                       |                    |
| 9:30-10:30am                  | BODYPUMP Rachael<br>SMARTFIT HIIT TB  | BODYCOMBAT Morgan<br>CYCLING Cathy<br>SMARTFIT HIIT LB | BODYPUMP Kelly<br>SMARTFIT BOOTCAMP                         | BODYJAM Morgan<br>SMARTFIT HIIT TB                | BODYPUMP Kelly<br>SMARTFIT HIIT TB | BODYCOMBAT Jessica<br>SMARTFIT BOOTCAMP |                       |                    |
| 10:30-11:30am                 |   | SENIOR FIT Carol                                       |   | SENIOR FIT Kelly                                  |                                    | ZUMBA Stephanie                         |                       |                    |
| 11:30-12:15pm                 |   |  |   |   |                                    | FitFreshTrainingCoriana                 |                       |                    |
| 5:30-6:30pm                   | CYCLING Rhonda<br>BODYJAM Morgan<br>SMARTFIT BOOTCAMP   | BODYPUMP Jessica<br>SMARTFIT HIIT UB                   | BODYCOMBAT Jessica<br>CYCLING Rhonda<br>SMARTFIT HIIT LB    | BODYPUMP Kelly<br>SMARTFIT BOOTCAMP               | ATHLETIC HIIT Jessica              |   |                       |                    |
| 6:00-6:30pm                   | SMARTFIT CORE BLAST   | SMARTFIT CORE BLAST                                    | SMARTFIT CORE BLAST   |   |                                    |   |                       |                    |
| 6:30-7:30pm                   | BODYCOMBAT Ashley<br>SMARTFIT BOOTCAMP  | ZUMBA Chris<br>SMARTFIT HIIT UB<br>CYCLING Lauren      | BODYJAM Chanel<br>SMARTFIT HIIT LB<br>FitFresh Cycle Lauren | ZUMBA Chanel<br>CYCLING Kevin<br>SMARTFIT HIIT TB |                                    |   |                       |                    |
| 7:30-8:30pm                   | YOGA Kristen  | HIP HOP Stephanie                                      | YOGA Katie  | HIP HOP Stephanie                                 |                                    |   |                       |                    |

|               | 18  | 19   | 20  | 21  | 22                                 | 23                                      |
|---------------|---|--|---|---|------------------------------------|---|
| 5:30-6:30am   |   | BODYPUMP Lisa  |   | ATHLETIC HIIT Jessica                             |                                    |   |
| 8:30-9:30am   | ATHLETIC HIIT Lori                                    | ZUMBA Natalia  | ATHLETIC HIIT Lori  |   | ZUMBA Natalia                      | BODYPUMP Jessica                        |
| 9:30-10:30am  | BODYPUMP Rachael<br>SMARTFIT HIIT TB                  | BODYCOMBAT Morgan<br>CYCLING Cathy<br>SMARTFIT HIIT LB | BODYPUMP Kelly<br>SMARTFIT BOOTCAMP                         | BODYJAM Morgan<br>SMARTFIT HIIT TB                | BODYPUMP Kelly<br>SMARTFIT HIIT TB | BODYCOMBAT Lori<br>SMARTFIT BOOTCAMP    |
| 10:30-11:30am |   | SENIOR FIT Carol                                       |   | SENIOR FIT Kelly                                  |                                    | ZUMBA Chanel                            |
| 11:30-12:15pm |   |  |   |   |                                    | FitFreshTrainingCoriana                 |
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| 6:00-6:30pm   | SMARTFIT CORE BLAST                                   | SMARTFIT CORE BLAST                                    | SMARTFIT CORE BLAST   |   |                                    |   |
| 6:30-7:30pm   | BODYCOMBAT Ashley<br>SMARTFIT BOOTCAMP                | ZUMBA Chris<br>SMARTFIT HIIT UB<br>CYCLING Lauren      | BODYJAM Chanel<br>SMARTFIT HITT LB<br>FitFresh Cycle Lauren | ZUMBA Chanel<br>CYCLING Kevin<br>SMARTFIT HIIT TB |                                    |   |
| 7:30-8:30pm   | YOGA Kristen  | HIP HOP Stephanie                                      | YOGA Katie  | HIP HOP Stephanie                                 |                                    |   |
|               | 25  | 26   | 27  | 28  | 1                                  | 2                                       |
| 5:30-6:30am   |   | BODYPUMP Lisa  |   | ATHLETIC HIIT Jessica                             |                                    |   |
| 8:30-9:30am   | ATHLETIC HIIT Lori                                    | ZUMBA Natalia  | ATHLETIC HIIT Lori  |   | ZUMBA Natalia                      | BODYPUMP Christy                        |
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| 10:30-11:30am |   | SENIOR FIT Carol                                       |   | SENIOR FIT Kelly                                  |                                    | ZUMBA Stephanie                         |
| 11:30-12:15pm |   |  |   |   |                                    | FitFreshTrainingCoriana                 |
| 5:30-6:30pm   | CYCLING Lauren<br>BODYJAM Morgan<br>SMARTFIT BOOTCAMP | BODYPUMP Jessica<br>SMARTFIT HIIT UB                   | BODYCOMBAT Jessica<br>CYCLING Lauren<br>SMARTFIT HIIT LB    | BODYPUMP Kelly<br>SMARTFIT BOOTCAMP               | ATHLETIC HIIT Jessica              |   |
| 6:00-6:30pm   | SMARTFIT CORE BLAST                                   | SMARTFIT CORE BLAST                                    | SMARTFIT CORE BLAST   |   |                                    |   |
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| 7:30-8:30pm   | YOGA Kristen  | HIP HOP Stephanie                                      | YOGA Katie  | HIP HOP Stephanie                                 |                                    |   |