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| --- | --- | --- | --- | --- | --- | --- |
| Fit for Life 24 Group Fitness June 2018 | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | 1 | 2 |
| 5:30-6:30am |  |  |  |  |  |  |
| 8:30-9:30am |  |  |  |  | ZUMBA Natalia | BODYPUMP Kelly |
| 9:30-10:30am |  |  |  |  | CYCLING Garrett  SMARTFIT BOOTCAMP | BODYCOMBAT JessicaR  SMARTFIT BOOTCAMP |
| 10:30-11:30am |  |  |  |  | BODYPUMP Kelly | ZUMBA Chanel |
| 4:45-5:30pm |  |  |  |  |  |  |
| 5:30-6:30pm |  |  |  |  |  |  |
| 6:00-6:30pm |  |  |  |  |  |  |
| 6:30-7:30pm |  |  |  |  |  |  |
| 7:30-8:30pm |  |  |  |  |  |  |
|  | 4 | 5 | 6 | 7 | 8 | 9 |
| 5:30-6:30am |  | BODYPUMP Kelly |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen |  | ZUMBA Natalia | BODYPUMP Kelly |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Lisa  CYCLING Cathy  SMARTFIT HIIT LB | BODYPUMP Rachael  SMARTFIT HIIT UB | ZUMBA Natalia  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT HIIT LB | BODYCOMBAT Jessica R  SMARTFIT HIIT TB |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Stephanie |
| 4:45-5:30pm |  | TABATA Trey |  |  |  |  |
| 5:30-6:30pm | CYCLING Garrett  BODYJAM Kristie  SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT UB | BODYCOMBAT Ashley  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 Rhonda  ZUMBA/BODYJAM Chanel  SMARTFIT HIIT TB | ZUMBA Chanel  CYCLING Kevin  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 |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen |  | ZUMBA Natalia | 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 BOOTCAMP | 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 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 Kevin | CYCLING Rhonda  ZUMBA/BODYJAM Chanel SMARTFIT HIIT TB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT HIIT UB |  |  |
| 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 |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen |  | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT UB | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT HIIT UB | BODYCOMBAT JessicaR  SMARTFIT BOOTCAMP |
| 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 Morgan  SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT LB | BODYCOMBAT Ashley  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 LB CYCLING Garrett | CYCLING Rhonda  ZUMBA/BODYJAM Chanel SMARTFIT HIIT TB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT BOOTCAMP |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Kristen | HIP HOP Stephanie |  |  |
|  | 25 | **26** | 27 | 28 | 29 | 30 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen |  | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT UB | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT BOOTCAMP | BODYCOMBAT JessicaR  SMARTFIT BOOTCAMP |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Morgan | ZUMBA Chanel |
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| 6:00-6:30pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm | BODYCOMBAT Heather  SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT LB  CYCLING Kevin | CYCLING Rhonda  BODYJAM Morgan  SMARTFIT HIIT TB | ZUMBA Stephanie  CYCLING Kevin  SMARTFIT BOOTCAMP |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Kristen | HIP HOP Stephanie |  |  |

Questions or concerns? Please contact Morgan Hazelwood, Group Fitness Director at [morganffl24@yahoo.com](mailto: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!