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| Fit for Life 24 Group Fitness March 2018 |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  | 1 | 2 | 3 |
| 5:30-6:30am |  |  |  |  |  |  |
| 8:30-9:30am |  |  |  |  | ZUMBA Natalia | BODYPUMP Ashley |
| 9:30-10:30am |  |  |  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT HIIT UB  | BODYCOMBAT LisaSMARTFIT BOOTCAMP  |
| 10:30-11:30am |  |  |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Chanel |
| 5:30-6:30pm |  |  |  | BODYPUMP AshleySMARTFIT HIIT UB  |  |  |
| 6:00-6:30 |  |  |  | SMARTFIT CORE BLAST  |  |  |
| 6:30-7:30pm |  |  |  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT UB  |  |  |
| 7:30-8:30pm |  |  |  | HIP HOP Stephanie |  |  |
|  | 5 | 6 | 7 | 8 | 9 | 10 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Marquel |  |  |
| 8:30-9:30am | CREATIVE CORE Janelle | ZUMBA Chris | CREATIVE CORE Janelle | PILATES Alexis | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT BOOTCAMP  | BODYCOMBAT MorganCYCLING RhondaSMARTFIT HIIT LB  | BODYPUMP Morgan SMARTFIT BOOTCAMP  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT HIIT UB  | BODYCOMBAT LisaSMARTFIT BOOTCAMP  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Stephanie |
| 4:30-5:30pm |  | TABATA Trey  |  |  |  |  |
| 5:30-6:30pm | CYCLING RhondaBODYJAM MorganSMARTFIT BOOTCAMP  | BODYPUMP DannySMARTFIT HIIT TB  | BODYCOMBAT AshleySMARTFIT HIIT LB  | BODYPUMP AshleySMARTFIT HIIT UB  |  |  |
| 6:00-7:00pm | CORE BLAST Liz | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |   |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT TB  | CYCLING RhondaBODYJAM ChanelSMARTFIT HIIT LB  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT UB  |  |  |
| 7:30-8:30pm | BODYPUMP Kelly | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |
|  | 12 | 13 | 14 | 15 | 16 | 17 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Marquel |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen | PILATES Alexis | ZUMBA Natalia | BODYPUMP Ashley |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT BOOTCAMP  | BODYCOMBAT LisaCYCLING RhondaSMARTFIT COREBLAST  | BODYPUMP Morgan SMARTFIT HIIT UB  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT BOOTCAMP  | BODYCOMBAT LisaSMARTFIT HIIT TB  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Chanel |
| 4:30-5:30pm |  | TABATA Trey |  |  |  |  |
| 5:30-6:30pm | CYCLING RhondaBODYJAM ChanelSMARTFIT HIIT TB  | BODYPUMP DannySMARTFIT BOOTCAMP  | BODYCOMBAT AshleySMARTFIT HIIT LB  | BODYPUMP AshleySMARTFIT HIIT UB  |  |  |
| 6:00-7:00pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT HIIT TB  | ZUMBA ChrisSMARTFIT BOOTCAMP  | CYCLING RhondaBODYJAM ChanelSMARTFIT HIIT LB  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT UB  |  |  |
| 7:30-8:30pm | BODYPUMP Kelly | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |
|  | 19 | 20 | 21 | 22 | 23 | 24 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Marquel |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen | PILATES Alexis | ZUMBA Natalia | BODYPUMP Ashley |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING RhondaSMARTFIT COREBLAST  | BODYPUMP MorganSMARTFIT BOOTCAMP  | BODYJAM MorganSMARTFIT BOOTCAMP  | CYCLING GarrettSMARTFIT HIIT UB  | BODYCOMBAT LisaSMARTFIT BOOTCAMP  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Stephanie |
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| 6:00-7:00pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT HIIT UB  | ZUMBA ChrisSMARTFIT HIIT LB  | CYCLING Rhonda BODYJAM ChanelSMARTFIT BOOTCAMP  | ZUMBA ChanelCYCLING KevinSMARTFIT HIIT TB  |  |  |
| 7:30-8:30pm | BODYPUMP Kelly | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |
|  | 26 | 27 | 28 | 29 | 30 | 31 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Marquel |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen | PILATES Alexis | ZUMBA Chanel | BODYPUMP Ashley |
| 9:30-10:30am | BODYPUMP RachaelSMARTFIT HIIT LB  | BODYCOMBAT MorganCYCLING RhondaSMARTFIT HIIT UB  | BODYPUMP MorganSMARTFIT BOOTCAMP | BODYJAM MorganSMARTFIT BOOTCAMP  | CYCLING GarrettSMARTFIT HIIT UB  | BODYCOMBAT LisaSMARTFIT HIIT TB  |
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| 7:30-8:30pm | BODYPUMP Kelly | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |

If you have any questions or concerns regarding group fitness, please contact Morgan Hazelwood, our 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!

Classes highlighted in YELLOW are intern classes and will be offered through April.