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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 Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT HIIT UB | BODYCOMBAT Lisa  SMARTFIT BOOTCAMP |
| 10:30-11:30am |  |  |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Chanel |
| 5:30-6:30pm |  |  |  | BODYPUMP Ashley  SMARTFIT HIIT UB |  |  |
| 6:00-6:30 |  |  |  | SMARTFIT CORE BLAST |  |  |
| 6:30-7:30pm |  |  |  | ZUMBA Chanel  CYCLING Kevin  SMARTFIT 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 Rachael  SMARTFIT BOOTCAMP | BODYCOMBAT Morgan  CYCLING Rhonda  SMARTFIT HIIT LB | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT HIIT UB | BODYCOMBAT Lisa  SMARTFIT 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 Rhonda  BODYJAM Morgan  SMARTFIT BOOTCAMP | BODYPUMP Danny  SMARTFIT HIIT TB | BODYCOMBAT Ashley  SMARTFIT HIIT LB | BODYPUMP Ashley  SMARTFIT HIIT UB |  |  |
| 6:00-7:00pm | CORE BLAST Liz | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT TB | CYCLING Rhonda  BODYJAM Chanel  SMARTFIT HIIT LB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT 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 Rachael  SMARTFIT BOOTCAMP | BODYCOMBAT Lisa  CYCLING Rhonda  SMARTFIT COREBLAST | BODYPUMP Morgan  SMARTFIT HIIT UB | BODYJAM Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT BOOTCAMP | BODYCOMBAT Lisa  SMARTFIT 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 Rhonda  BODYJAM Chanel  SMARTFIT HIIT TB | BODYPUMP Danny  SMARTFIT BOOTCAMP | BODYCOMBAT Ashley  SMARTFIT HIIT LB | BODYPUMP Ashley  SMARTFIT HIIT UB |  |  |
| 6:00-7:00pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT HIIT TB | ZUMBA Chris  SMARTFIT BOOTCAMP | CYCLING Rhonda  BODYJAM Chanel  SMARTFIT HIIT LB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT 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 Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Rhonda  SMARTFIT COREBLAST | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT BOOTCAMP | CYCLING Garrett  SMARTFIT HIIT UB | BODYCOMBAT Lisa  SMARTFIT 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 Rhonda  BODYJAM Morgan  SMARTFIT HIIT UB | BODYPUMP Danny  SMARTFIT HIIT LB | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | BODYPUMP Ashley  SMARTFIT HIIT TB |  |  |
| 6:00-7:00pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT HIIT UB | ZUMBA Chris  SMARTFIT HIIT LB | CYCLING Rhonda  BODYJAM Chanel  SMARTFIT BOOTCAMP | ZUMBA Chanel  CYCLING Kevin  SMARTFIT 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 Rachael  SMARTFIT HIIT LB | BODYCOMBAT Morgan  CYCLING Rhonda  SMARTFIT HIIT UB | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT BOOTCAMP | CYCLING Garrett  SMARTFIT HIIT UB | BODYCOMBAT Lisa  SMARTFIT HIIT TB |
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| 6:00-7:00pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT UB | CYCLING Rhonda  BODYJAM Chanel  SMARTFIT HIIT TB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT HIIT TB |  |  |
| 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](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!

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