

Fit for Life 24 Group Fitness						MARCH 2019	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
8:30-9:30am	SMARTFIT CLASSES IN GREEN ARE AT OUR HIGHWAY33 GYM & ARE FOR SMARTFIT MEMBERS. FitFresh CLASSES ARE HELD AT OUR EVANS STREET GYM & ARE FOR FitFresh MEMBERS. ALL CYCLING CLASSES WILL REQUIRE ONLINE SIGN-UP TO RESERVE A BIKE. PLEASE SEE YOUR INSTRUCTORS OR THE FRONT DESK FOR MORE DETAILS. YOGA IS CANCELLED ON MONDAYS AT 7:30pm ATHLETIC HIIT IS CANCELLED ON MONDAYS AT 8:30am NEW TIMES FOR ATHLETIC HIIT!!! →					ZUMBA Natalia	BODYPUMP Christy
9:30-10:30am						BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Jessica SMARTFIT BOOTCAMP
10:30-11:30am						BODYPUMP Kelly	ZUMBA Stephanie
5:30-6:30pm							FitFreshTrainingCoriana
6:00-6:30					ATHLETIC HIIT Jessica		
	4	5	6	7	8	9	
5:30-6:30am		BODYPUMP Lisa		6am-ATHLETIC HIIT Jessica			
8:30-9:30am		ZUMBA NO CLASS	ATHLETIC HIIT Lori		ZUMBA Chanel	BODYPUMP Jessica	
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT UB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Lori SMARTFIT BOOTCAMP	
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Chanel	
11:30-12:15pm						FitFreshTrainingCoriana	
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Jessica SMARTFIT HIIT LB	BODYCOMBAT Jessica CYCLING Rhonda SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB			
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST		ATHLETIC HIIT Jessica		
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT LB	SMARTFIT BOOTCAMP BODYJAM Chanel CYCLING NO CLASS FitFresh Cycle NO CLASS	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT UB			
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie			
	11	12	13	14	15	16	
5:30-6:30am		BODYPUMP Lisa		6am-ATHLETIC HIIT Jessica			
8:30-9:30am		ZUMBA Natalia	ATHLETIC HIIT Lori		ZUMBA Natalia	BODYPUMP Lori	
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT T Jessica 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 BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Jessica SMARTFIT HIIT UB	BODYCOMBAT Jessica CYCLING Rhonda SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP			
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST		ATHLETIC HIIT Jessica		
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB	BODYJAM Chanel SMARTFIT HIIT LB FitFresh Cycle Lauren	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB			
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie			

	18	19	20	21	22	23
5:30-6:30am		BODYPUMP Lisa		6am-ATHLETIC HIIT Jessica		
8:30-9:30am		ZUMBA Natalia	ATHLETIC HIIT Lori		ZUMBA Natalia	BODYPUMP Lori
9:30-10:30am	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Jessica SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Chanel
11:30-12:15pm						FitFreshTrainingCoriana
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Jessica SMARTFIT HIIT UB	BODYCOMBAT Jessica SMARTFIT HIIT LB CYCLING Rhonda	BODYPUMP Kelly SMARTFIT BOOTCAMP		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST		ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Lauren	BODYJAM Chanel SMARTFIT HITT LB FitFresh Cycle Lauren	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	25	26	27	28	29	30
5:30-6:30am		BODYPUMP Lisa		6am-ATHLETIC HIIT Jessica		
8:30-9:30am		ZUMBA Natalia	ATHLETIC HIIT Lori		ZUMBA Natalia	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Lori SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Stephanie
11:30-12:15pm						FitFreshTrainingCoriana
5:30-6:30pm	CYCLING Lauren BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Jessica SMARTFIT HIIT UB	BODYCOMBAT Jessica CYCLING Lauren SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST		ATHLETIC HIIT Jessica	
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Lauren	BODYJAM Chanel SMARTFIT HITT LB FitFresh Cycle Lauren	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm		HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		