|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Fit for Life 24 Group Fitness May 2018 | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | 1 | 2 | 3 | 4 | 5 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am |  | ZUMBA Natalia | CREATIVE CORE Kristen |  | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | **\*NEW\* Classes Highlighted YELLOW** | BODYCOMBAT Morgan  CYCLING Rhonda  SMARTFIT HIIT TB | BODYPUMP Morgan  SMARTFIT HIIT TB | BODYJAM Morgan  SMARTFIT CORE BLAST | CYCLING Garrett  SMARTFIT BOOTCAMP | BODYCOMBAT JessicaH  SMARTFIT BOOTCAMP |
| 10:30-11:30am |  | SENIOR FIT Kelly |  | SENIOR FIT Kelly | BODYPUMP Katie | **ZUMBA NO CLASS** |
| 4:45-5:30pm |  | TABATA Trey |  |  |  |  |
| 5:30-6:30pm |  | BODYPUMP Danny  SMARTFIT HIIT UB | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT LB |  |  |
| 6:00-6:30pm |  | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm |  | ZUMBA Chris  SMARTFIT HIIT UB **\*NEW\*** CYCLING Kevin | CYCLING Rhonda  ZUMBA/BODYJAM Chanel  SMARTFIT BOOTCAMP | ZUMBA Chanel  CYCLING Kevin  SMARTFIT HIIT LB |  |  |
| 7:30-8:30pm |  | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |
|  | 7 | 8 | 9 | 10 | 11 | 12 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | DANCE FITNESS Morgan | CREATIVE CORE Kristen |  | ZUMBA Chris | BODYPUMP Kelly |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT LB | BODYPUMP Morgan  SMARTFIT HIIT UB | **BODYJAM NO CLASS**  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT HIIT LB | BODYCOMBAT Jessica R  SMARTFIT HIIT TB |
| 10:30-11:30am |  | SENIOR FIT Kelly |  | SENIOR FIT Kelly | BODYPUMP Katie | ZUMBA Stephanie |
| 4:45-5:30pm |  | TABATA Trey |  |  |  |  |
| 5:30-6:30pm | CYCLING Rhonda  BODYJAM Morgan  SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT UB | BODYCOMBAT Ashley  SMARTFIT HIIT TB | BODYPUMP Morgan  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 Cathy  ZUMBA/BODYJAM Chanel  SMARTFIT HIIT TB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT BOOTCAMP |  |  |
| 7:30-8:30pm | **\*NEW\*** YOGA Kristen | **HIP HOP NO CLASS** | YOGA Katie | HIP HOP Chanel |  |  |
|  | 14 | 15 | 16 | 17 | 18 | 19 |
| 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 BOOTCAMP | BODYCOMBAT Morgan  CYCLING Rhonda  SMARTFIT COREBLAST | BODYPUMP Morgan  SMARTFIT HIIT UB | BODYJAM Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT BOOTCAMP | BODYCOMBAT Lisa  SMARTFIT BOOTCAMP |
| 10:30-11:30am |  | SENIOR FIT Kelly |  | SENIOR FIT Kelly | BODYPUMP Katie | ZUMBA Stephanie |
| 4:45-5:30pm |  | TABATA Trey |  |  |  |  |
| 5:30-6:30pm | CYCLING Rhonda  BODYJAM Morgan  SMARTFIT HIIT UB | BODYPUMP Kelly  SMARTFIT BOOTCAMP | BODYCOMBAT Ashley  SMARTFIT HIIT LB | BODYPUMP Kelly  SMARTFIT HIIT TB |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT HIIT UB | ZUMBA Chris  SMARTFIT BOOTCAMP  CYCLING Kevin | CYCLING Rhonda  ZUMBA/BODYJAM Chanel SMARTFIT HIIT LB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT HIIT TB |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |
|  | 21 | 22 | 23 | 24 | 25 | 26 |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am | CREATIVE CORE Kristen | ZUMBA Natalia | CREATIVE CORE Kristen |  | ZUMBA Natalia | **MEMORIAL DAY** |
| 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 | **NO CLASSES**  SMARTFIT HIIT TB |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly |  |
| 4:45-5:30pm |  | TABATA Trey |  |  |  |  |
| 5:30-6:30pm | CYCLING Garrett  BODYJAM Morgan  SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT LB | BODYCOMBAT Ashley  SMARTFIT HIIT TB | BODYPUMP Morgan  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 Kevin  ZUMBA/BODYJAM Chanel SMARTFIT HIIT TB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT BOOTCAMP |  |  |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  |
|  | 28 | **29** | 30 | 31 |  |  |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  |
| 8:30-9:30am |  | ZUMBA Natalia | CREATIVE CORE Kristen |  |  |  |
| 9:30-10:30am | **MEMORIAL DAY**  SMARTFIT HIIT LB | BODYCOMBAT Morgan  CYCLING Rhonda  SMARTFIT HIIT UB | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT HIIT TB |  |  |
| 10:30-11:30am | **NO CLASSES** | SENIOR FIT Carol |  | SENIOR FIT Kelly |  |  |
| 4:45-5:30pm |  | TABATA Trey |  |  |  |  |
| 5:30-6:30pm | SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT LB | BODYCOMBAT Ashley  SMARTFIT HIIT TB | BODYPUMP Kelly  SMARTFIT BOOTCAMP |  |  |
| 6:00-6:30pm | SMARTFIT COREBLAST | SMARTFIT CORE BLAST | SMARTFIT CORE BLAST |  |  |  |
| 6:30-7:30pm | SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT LB  CYCLING Kevin | CYCLING Rhonda  BODYJAMChanel&Morgan  SMARTFIT HIIT TB | ZUMBA Chanel  CYCLING Kevin  SMARTFIT BOOTCAMP |  |  |
| 7:30-8:30pm |  | HIP HOP Stephanie | YOGA Katie | 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!