

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 HIIT TB	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 HIIT UB		
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 HIIT TB	BODYCOMBAT Morgan CYCLING Rhonda 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 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 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		
	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
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	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		BODYPUMP Kelly SMARTFIT HIIT LB	BODYCOMBAT Ashley SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT BOOTCAMP		
6:00-6:30pm		SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm		ZUMBA Chris SMARTFIT HIIT LB CYCLING Kevin	CYCLING Rhonda BODYJAM Chanel&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. 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!