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| Fit for Life 24 Group Fitness OCTOBER 2018 | | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | |
|  | 1 | 2 | 3 | 4 | 5 | 6 | |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  | |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia | BODYPUMP Kelly | |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT UB | BODYPUMP Morgan  SMARTFIT HIIT UB | BODYJAM Morgan  SMARTFIT BOOTCAMP | CYCLING Garrett  SMARTFIT HIIT LB | BODYCOMBAT Jessica R  SMARTFIT HIIT TB | |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Morgan | **ZUMBA NO CLASS** | |
| 5:30-6:30pm | CYCLING Cathy  BODYJAM Morgan  SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT LB | BODYCOMBAT Jessica R  SMARTFIT HIIT LB | 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 LB  CYCLING Kevin | CYCLING Garrett  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 |  |  | |
|  | 8 | 9 | 10 | 11 | 12 | 13 | |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  | |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia | BODYPUMP Christy | |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT BOOTCAMP | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT LB | BODYPUMP Morgan  SMARTFIT HIIT UB | BODYJAM Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT BOOTCAMP | BODYCOMBAT Jessica R  SMARTFIT BOOTCAMP | |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Stephanie | |
| 5:30-6:30pm | CYCLING Rhonda  BODYJAM Morgan  SMARTFIT BOOTCAMP | BODYPUMP Kelly  SMARTFIT HIIT UB | 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 BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT UB  CYCLING Garrett | CYCLING Rhonda  BODYJAM Chanel SMARTFIT HIIT LB | ZUMBA Chanel  CYCLING Rhonda  SMARTFIT BOOTCAMP |  |  | |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  | |
|  | 15 | 16 | 17 | 18 | 19 | 20 | |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  | |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia | BODYPUMP Lisa | |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT UB | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT HIIT LB | CYCLING Garrett  SMARTFIT HIIT TB | BODYCOMBAT Jessica R  SMARTFIT HIIT TB | |
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| 6:30-7:30pm | BODYCOMBAT Ashley  SMARTFIT BOOTCAMP | ZUMBA Chris  SMARTFIT HIIT LB CYCLING Kevin | CYCLING Rhonda  BODYJAM Chanel SMARTFIT BOOTCAMP | ZUMBA Chanel  CYCLING Kevin  SMARTFIT HIIT UB |  |  | |
| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  | |
|  | 22 | 23 | 24 | 25 | 26 | 27 | |
| 5:30-6:30am |  | BODYPUMP Lisa |  | TABATA Trey |  |  | |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia | BODYPUMP Lisa | |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT LB | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT BOOTCAMP | BODYCOMBAT Jessica R  SMARTFIT BOOTCAMP | |
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| 7:30-8:30pm | YOGA Kristen | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie |  |  | |
|  | 29 | 30 | 31 | 1 | 2 | 3 | |
| 5:30-6:30am |  | BODYPUMP Lisa |  |  |  |  |
| 8:30-9:30am |  | ZUMBA Natalia |  |  | ZUMBA Natalia | BODYPUMP Lisa |
| 9:30-10:30am | BODYPUMP Rachael  SMARTFIT HIIT TB | BODYCOMBAT Morgan  CYCLING Cathy  SMARTFIT HIIT LB | BODYPUMP Morgan  SMARTFIT BOOTCAMP | BODYJAM Morgan  SMARTFIT HIIT TB | CYCLING Garrett  SMARTFIT HIIT TB | BODYCOMBAT Jessica R  SMARTFIT BOOTCAMP |
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| 7:30-8:30pm | YOGA Kristen | 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!

**CANCELLED CLASSES:**

**CREATIVE CORE/PILATES on Monday & Wednesday at 8:30am**

**Tabata on Tuesday at 4:45pm and Thursday at 5:45am**