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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 RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT UB  | BODYPUMP Morgan SMARTFIT HIIT UB  | BODYJAM MorganSMARTFIT BOOTCAMP  | CYCLING GarrettSMARTFIT HIIT LB  | BODYCOMBAT Jessica RSMARTFIT HIIT TB  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Morgan | **ZUMBA NO CLASS** |
| 5:30-6:30pm | CYCLING CathyBODYJAM MorganSMARTFIT BOOTCAMP  | BODYPUMP KellySMARTFIT HIIT LB  | BODYCOMBAT Jessica RSMARTFIT HIIT LB  | BODYPUMP KellySMARTFIT BOOTCAMP  |  |  |
| 6:00-6:30pm | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  | SMARTFIT CORE BLAST  |  |  |  |
| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT LB CYCLING Kevin  | CYCLING GarrettBODYJAM Chanel SMARTFIT HIIT LB  | ZUMBA ChanelCYCLING KevinSMARTFIT 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 RachaelSMARTFIT BOOTCAMP | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT LB  | BODYPUMP Morgan SMARTFIT HIIT UB  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT BOOTCAMP  | BODYCOMBAT Jessica RSMARTFIT BOOTCAMP  |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Kelly | ZUMBA Stephanie |
| 5:30-6:30pm | CYCLING RhondaBODYJAM MorganSMARTFIT BOOTCAMP  | BODYPUMP KellySMARTFIT HIIT UB  | BODYCOMBAT AshleySMARTFIT HIIT LB  | BODYPUMP KellySMARTFIT HIIT TB  |  |  |
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| 6:30-7:30pm | BODYCOMBAT AshleySMARTFIT BOOTCAMP  | ZUMBA ChrisSMARTFIT HIIT UB CYCLING Garrett  | CYCLING RhondaBODYJAM Chanel SMARTFIT HIIT LB  | ZUMBA ChanelCYCLING RhondaSMARTFIT 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 RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT UB  | BODYPUMP MorganSMARTFIT BOOTCAMP  | BODYJAM MorganSMARTFIT HIIT LB  | CYCLING GarrettSMARTFIT HIIT TB  | BODYCOMBAT Jessica RSMARTFIT HIIT TB |
| 10:30-11:30am |  | SENIOR FIT Carol |  | SENIOR FIT Kelly | BODYPUMP Morgan | ZUMBA Chanel |
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| 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 RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT LB  | BODYPUMP MorganSMARTFIT BOOTCAMP  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT BOOTCAMP | BODYCOMBAT Jessica RSMARTFIT 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 RachaelSMARTFIT HIIT TB  | BODYCOMBAT MorganCYCLING CathySMARTFIT HIIT LB  | BODYPUMP MorganSMARTFIT BOOTCAMP  | BODYJAM MorganSMARTFIT HIIT TB  | CYCLING GarrettSMARTFIT HIIT TB | BODYCOMBAT Jessica RSMARTFIT 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. 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**