

# 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	<b>ZUMBA NO CLASS</b>
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
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly	BODYPUMP Morgan	ZUMBA Chanel
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT LB	BODYCOMBAT Jessica R SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB		
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 Rhonda BODYJAM Chanel CYCLING Kevin 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**