

Fit for Life 24 Group Fitness

SEPTEMBER 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--|---|---|--|---|--|
| | 3 | 4 | 5 | 6 | 7 | 8 |
| 5:30-6:30am | | BODYPUMP Lisa | | TABATA Trey | | |
| 8:30-9:30am | | ZUMBA Natalia | YOGA Kristen | | ZUMBA Natalia | BODYPUMP Kelly |
| 9:30-10:30am | LABOR DAY NO CLASSES | 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 Stephanie |
| 4:45-5:30pm | | TABATA Trey | | | | |
| 5:30-6:30pm | | BODYPUMP Kelly SMARTFIT HIIT LB | BODYCOMBAT Heather SMARTFIT HIIT LB | 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 SMARTFIT HIIT LB | ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB | | |
| 7:30-8:30pm | | HIP HOP Stephanie | YOGA Katie | HIP HOP Stephanie | | |
| | 10 | 11 | 12 | 13 | 14 | 15 |
| 5:30-6:30am | | BODYPUMP Lisa | | TABATA Trey | | |
| 8:30-9:30am | PILATES Kristen | ZUMBA Natalia | YOGA Kristen | | 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 Morgan | 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 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 | | |
| | 17 | 18 | 19 | 20 | 21 | 22 |
| 5:30-6:30am | | BODYPUMP Lisa | | TABATA Trey | | |
| 8:30-9:30am | PILATES Kristen | ZUMBA Natalia | YOGA Kristen | | ZUMBA Natalia | BODYPUMP Kelly |
| 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 Stephanie |
| 4:45-5:30pm | | TABATA Trey | | | | |
| 5:30-6:30pm | CYCLING Rhonda | BODYPUMP Kelly | BODYCOMBAT Heather | BODYPUMP Kelly | | |

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|---------------|---|--|---|---|--------------------------------------|---|
| | BODYJAM Morgan SMARTFIT BOOTCAMP | SMARTFIT HIIT LB | SMARTFIT BOOTCAMP | 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 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 | | |
| | 24 | 25 | 26 | 27 | 28 | 29 |
| 5:30-6:30am | | BODYPUMP Lisa | | TABATA Trey | | |
| 8:30-9:30am | PILATES Kristen | ZUMBA Natalia | YOGA Kristen | | ZUMBA Natalia | BODYPUMP Christy |
| 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 | | |

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!