










# GROUP FITNESS SCHEDULE

build strong kids, strong families, strong communities

**BEGINNING**  
**2-Nov**

|  | 5:15 AM   | 5:20 AM  | 8:20 AM  | 9:20 AM  | 10:30 AM  | 12:00 PM   | 2:00 PM  | 4:30 PM  | 5:30 PM  | 6:30PM   | 6:45 PM   |
|--|---|--|--|--|---|--|--|--|--|--|---|
| <b>MONDAY</b>  |   | <b>STEP CHALLENGE</b><br>CHERYL<br>LEVEL 2 & 3<br>5:20-6:10 AM | <b>YOGA</b><br>KIM<br>LEVEL 1,2 & 3<br>8:20-9:10AM               | <b>BODY PUMP®</b><br>KIM Y<br>LEVEL 1,2 & 3<br>9:20-10:10            | <b>AOA</b><br>KIM Y<br>LEVEL 1&2<br>10:30-11:20AM         | <b>KARDIO KICK</b><br>DOUG<br>LEVEL 1,2&3<br>12-12:45PM    |  | <b>BOOT CAMP</b><br>NATALIE<br>LEVEL 2 & 3<br>4:30-5:20PM          | <b>STEP CHALLENGE</b><br>ELIZABETH<br>LEVEL 2 & 3<br>5:30-6:20PM | <b>YOGA</b><br>KATHLEEN<br>LEVEL 1,2 & 3<br>6:30-7:20PM        | <b>KARDIO KICK</b><br>DOUG<br>MPR<br>6:45-7:30PM  |
| <b>SPINNING®</b><br>   | <b>SPINNING®</b><br>KARLA<br>LEVEL 1,2 & 3<br>5:15-6:05     |  | <b>SPINNING®</b><br>SPINNING ROOM<br>CAROL<br>8:15-9:05AM        |  |   |  |  |  | <b>SPINNING®</b><br>LEVEL 1,2&3<br>NATALIE<br>5:30-6:20PM        |  |   |
| <b>TUESDAY</b>   | <b>FUNCTIONAL FIT</b><br>ELVOID<br>LEVEL 2&3<br>5:15-6:05AM | <b>BODY PUMP®</b><br>KIRSTIN<br>LEVEL 1, 2 & 3<br>5:20-6:10AM  | <b>YOGA</b><br>KATHLEEN<br>LEVEL 1, 2 & 3<br>8:20-9:10AM         | <b>BODYFIT</b><br>NATALIE<br>LEVEL 1,2&3<br>9:20-10:10AM             | <b>ZUMBA</b><br>ELIZABETH<br>LEVEL 1 & 2<br>10:20-11:15AM | <b>BODY PUMP®</b><br>SHELLY<br>LEVEL 1,2&3<br>12PM-12:30PM | <b>AOA YOGA</b><br>KIM G<br>LEVEL 1<br>2:00-2:50PM       | <b>STEP&amp;TONE</b><br>ELIZABETH<br>LEVEL 1,2 & 3<br>4:30-5:20PM  | <b>PILATES</b><br>DOTTIE<br>LEVEL 2 & 3<br>5:30-6:20PM           | <b>KARDIOKICK</b><br>DOTTIE<br>LEVEL 1,2 & 3<br>6:30-7:20PM    |   |
| <b>SPINNING®</b><br>   | <b>SPINNING®</b><br>KARLA<br>LEVEL 1, 2 & 3<br>5:15-6:00AM  |  |  |  |   |  |  |  | <b>SPINNING®</b><br>LEVEL 1,2&3<br>PRISCILLA<br>5:30-6:20PM      | <b>SPINNING®</b><br>LEVEL 1,2 & 3<br>PRISCILLA<br>6:30-7:05PM  |   |
| <b>WEDNESDAY</b>   |   | <b>STEP CHALLENGE</b><br>CHERYL<br>LEVEL 2 & 3<br>5:20-6:10AM  | <b>YOGA</b><br>KIM<br>LEVEL 1,2&3<br>8:20-9:10AM                 | <b>BODY FIT / ABS</b><br>PRISCILLA<br>LEVEL 1, 2 & 3<br>9:20-10:10AM | <b>AOA</b><br>PRISCILLA<br>LEVEL1&2<br>10:30-11:20AM      | <b>KARDIO KICK</b><br>DOUG<br>LEVEL 1,2&3<br>12-12:50PM    |  | <b>BOOT CAMP</b><br>NATALIE<br>LEVEL 2&3<br>4:30-5:20PM            | <b>BODY PUMP®</b><br>KIM Y<br>LEVEL 1,2&3<br>5:30-6:20PM         | <b>YOGA</b><br>KIM<br>LEVEL 1,2 & 3<br>6:30-7:20PM             |   |
| <b>SPINNING®</b><br>   | <b>SPINNING®</b><br>KARLA<br>LEVEL 1,2&3<br>5:15-6:05 AM    |  | <b>SPINNING®</b><br>SPINNING ROOM<br>CAROL<br>8:15-9:05AM        |  |   |  |  |  | <b>SPINNING®</b><br>LEVEL 1,2&3<br>NATALIE<br>5:30-6:20PM        |  |   |
| <b>THURSDAY</b>  | <b>FUNCTIONAL FIT</b><br>ELVOID<br>LEVEL 2&3<br>5:15-6:05AM | <b>BODY PUMP®</b><br>KIRSTIN<br>LEVEL 1,2 & 3<br>5:20-6:10AM   | <b>YOGA</b><br>KATHLEEN<br>LEVEL 1,2 & 3<br>8:20-9:10AM          | <b>BODYFIT/ABS</b><br>NATALIE<br>LEVEL 1,2&3<br>9:20-10:10AM         | <b>ZUMBA</b><br>ELIZABETH<br>LEVEL 1 & 2<br>10:20-11:15AM | <b>BODY PUMP®</b><br>SHELLY<br>LEVEL1,2&3<br>12PM-12:30PM  | <b>AOA YOGA</b><br>KIM G<br>LEVEL 1<br>2:00-2:50PM       | <b>STEP&amp;TONE</b><br>ELIZABETH<br>LEVEL 1, 2 & 3<br>4:30-5:20PM | <b>PILATES</b><br>DOTTIE<br>LEVEL 2 & 3<br>5:30-6:20PM           | <b>ZUMBA</b><br>DOTTIE<br>LEVEL 1, 2 & 3<br>6:30-7:20PM        | <b>KARDIO KICK</b><br>DOUG<br>MPR<br>6:45-7:30 PM |
| <b>SPINNING®</b><br>   | <b>SPINNING®</b><br>KARLA<br>LEVEL 1,2 & 3<br>5:15-6:00AM   |  |  |  |   |  |  |  | <b>SPINNING®</b><br>LEVEL 2 & 3<br>PRISCILLA<br>5:30-6:20PM      | <b>SPINNING®</b><br>LEVEL 1, 2 & 3<br>PRISCILLA<br>6:30-7:05PM |   |
| <b>FRIDAY</b>  |   | <b>STEP CHALLENGE</b><br>CHERYL<br>LEVEL 2 & 3<br>5:20-6:10 AM | <b>YOGA</b><br>KIM<br>LEVEL 1,2 & 3<br>8:20-9:10AM               | <b>BODY FIT / ABS</b><br>NATALIE<br>LEVEL 2 & 3<br>9:20-10:10        | <b>AOA</b><br>PRISCILLA<br>LEVEL1&2<br>10:30-11:20AM      | <b>KARDIO KICK</b><br>DOUG<br>LEVEL 1,2&3<br>12-12:45PM    |  | <b>BOOT CAMP</b><br>NATALIE<br>LEVEL 2 & 3<br>4:30-5:20PM          | <b>STEP CHALLENGE</b><br>ELIZABETH<br>LEVEL 2 & 3<br>5:30-6:20PM |  |   |
| <b>SPINNING®</b><br> | <b>SPINNING®</b><br>KARLA<br>LEVEL 1,2&3<br>5:15-6:05 AM    |  |  | <b>SPINNING®</b><br>LEVEL 1,2&3<br>PRISCILLA<br>9:20-10:10AM         |   |  |  |  | <b>SPINNING®</b><br>LEVEL 1,2&3<br>NATALIE<br>5:30-6:20PM        |  |   |
| <b>SATURDAY</b>  |   |  | <b>FAMILY YOGA</b><br>KIM/KATHLEEN<br>LEVEL 1 & 2<br>8:15-8:55AM | <b>SPINNING®</b><br>LEVEL 1,2&3<br>9:00-9:50AM                       | <b>KARDIO ATTACK</b><br>LEVEL 1, 2 & 3<br>10:00-11:15AM   |  |  |  |  |  |   |
| <b>SPINNING®</b><br> |   |  |  |  |   |  |  |  |  |  |   |
| <b>SUNDAY</b>  |   |  |  |  |   |  | <b>INTRUCTOR'S CHOICE</b><br>2:30-3:30PM                 |  |  |  |   |
| <b>SPINNING®</b><br> |   |  |  |  |   |  | <b>SPINNING®</b><br>LEVEL 1,2&3<br>KENDRA<br>2:30-3:20PM |  |  |  |   |