



Winter / Spring 2017 Group Fitness Schedule

Starts: JANUARY 1 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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9:00 AM						W.O.W *
10:00 AM						Women on Weights
9:30 AM	Morning H.I.I.T Janna	ZUMBA® Step Laura	Morning H.I.I.T Janna	ZUMBA® Laura	Morning Circuit Janna	Bootcamp Melissa
10:30 AM						
10:45 AM	(45 mins) Mobility & Conditioning					
11:45 AM						
12:15 PM	Warrior Fit Patrick		Warrior Fit Patrick		Power Lunch Melissa	
1:00 PM						
6:30 AM			Bootcamp Melissa			
7:30 AM						
7:30 PM	ZUMBA® Step Laura	ZUMBA® Laura				
8:30 PM						

Legend:

	Classes are held in lower studio
	Classes are held in cardio room
	Sign up required at front desk

* Premium class (additional fees apply)