

Group Fitness Schedule
 Summer 2018
 Free Demo Week
 May 14 – May 20



Studio A

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 – 6:00 pm	Pound Dana	HIIT Lindsay	Pound Dana				
6:00 – 6:45 pm							

Studio B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 – 7:30 am	Indoor Cycling Eric L		Indoor Cycling Eric L		Cycle/Abs Eric L		
11:15 – 12:00 pm						Yin & Yang Yoga Niki	
12:15- 1:00 pm	Interval Training Becky						
4:00 – 4:45 pm							
5:00 – 5:45 pm		Power Yoga Will					
5:45 – 6:30 pm	Indoor Cycling Eric M		Cycle/Abs Eric M	Ride N Glide Eric L/Warin			
6:00 – 6:45 pm		Gravity Group Warin/Eric L					
7:45 – 8:30 pm	Zumba Lindsay						

Studio C

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 – 12:45 pm		Lift Saidah		Core and More Saidah	Massage and Stretch Lindsay		
12:15 – 1:00 pm			Boot Camp Becky				
5:30 – 6:00 pm			Back to Abs Lindsay				
6:00 – 6:45 pm			Zumba Lindsay				
6:15 – 7:00 pm		Rumble Dana					
7:00 – 7:45 pm		Zumba Dana					

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15 – 1:00 pm		TreadFit Becky Fitness Floor		TreadFit Becky Fitness Floor			

Fitness Center & CRC Lobby

Instructors, class formats and class locations subject to change
 No classes on May 26-28 and July 3-4