



SEPTEMBER GROUP FITNESS CLASS SCHEDULE

MON

TUE

WED

THUR

FRI

SAT

Yoga
5:45a-6:30a
Sara/Cathy

Insanity
7:30a-8:15a
Allison

Ballet Burn
8:30a-9:15a
Meghan

Walk Fit
8:30a-9:15a
Megan

Vinyasa Flow Yoga
9:30a-10:30a
Meghan

Muscle Madness
12:15p-1:00p
Beth

Muscle Tone
5pm-5:30p
Jen O

Bootcamp
5:15p-6:00p
* Jen B

Cardio Circuits
5:30p-6:00p
Jen O

HIGH FITNESS
* 6:00p-6:45p
Lisa

Dirty 30
5:45a-6:15a
Camille

Warrior Cross Train
8:30a-9:15a
Megan

Get Fit
8:45a-9:30a
Lisa

Fit to Fight Cancer
9:30a-10:30a
* Jacob

Fit to Fight Parkinson's
10:30a-12:00p
* Cathy

Yoga
12:15p-12:45p
Cathy

Suspension & Row
12:15p-1:00p
Beth

Boxing
5:00p-6:00p
Riley

PiYo
5:15p-6:00p
Brenna

Yoga
5:30p-6:30p
Cathy

Power Cycle
5:30p-6:30p
Robin

Yoga
5:45a-6:30a
Sara/Cathy

Barre
8:30a-9:15a
Meghan

Cycling
9:00a-9:30a
Judy

Vinyasa Flow Yoga
9:30a-10:30a
Meghan

PiYo
12:15p-1:00p
Beth

Bootcamp
* 5:15p-6:00p
Jen B

HIGH FITNESS
5:30p-6:15p
Lisa

Dirty 30
5:45a-6:15a
Camille

Warrior Cross Train
8:30a-9:15a
Megan

Get Fit
8:45a-9:30a
Lisa

Fit to Fight Cancer
9:30a-10:30a
* Jacob

Pedaling for Parkinson's
10:00a-11:00a
* Cathy

Tabata
12:15p-1:00p
Allison

Boxing
5:00p-6:00p
Riley

Yoga
5:30p-6:15p
Kelle

Power Cycle
5:30p-6:30p
Robin

Barre
5:30p-6:15p
Meghan

Yoga
5:45a-6:30a
Sara/Cathy

Tabata Boot Camo
7:30a-8:15a
Heather

Step
8:30a-9:15a
Meghan

Vinyasa Flow Yoga
9:00a-10:00a
Emely

Fit to Fight Parkinson's
10:30a-12:00p
Cathy

Yoga
12:15p-12:45p
Cathy

Instructors Choice
12:15p-1:00p
Jacob

Yoga
7:30a-8:30a
Sara/Cathy

Boxing Conditioning
8:15a-9:00a
Amy

Power Cycle
8:30a-9:30a
Robin

HIGH FITNESS
9:00a-9:45a
Lisa

Off Site

Wellness Center

Multi Purpose Room

BFIT

Aerobics Room

Cycling Room

Outside

* Registration is required

Certified Classes

