



Spring 2023 Group Fitness Schedule

Schedule subject to Modification

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Intense 30 w/Sammie 7:00-7:30am Studio A	Lower Body Power w/ Katelyn 9-10am Studio B	Strength & Power w/ Jessica 7:45-8:45am Studio B	Intense 30 w/Sammie 7:00-7:30am Studio A	
	Power Hour w/Owen 10-11am Studio A		Upper Body Strength w/Katelyn 9-10am Studio B	Yoga w/Amber 8-9am Studio B	Yoga w/Holly 10-11am Studio B
	Yoga w/Olivia 12:30-1:30pm Studio B	Yoga w/Olivia 12:45-1:45pm Studio B	Cycle w/Erin 9:30-10:15am Studio C		
Spinergy w/Owen 1-2pm Studio C	Cycle w/Marnie 1-2pm Studio C	Cycle w/ Marnie 3:30-4:30pm Studio C	Intense 30 w/Sammie 11:00-11:30am Studio A	Yoga w/Melanie 1-2pm Studio B	Intense 30 w/Sammie 11:00-11:30am Studio A
	Intense 30 w/ Andrea 2-2:45pm Studio A	Barre w/Lauren 4:15-5pm Studio A	Barre w/Andrea 11:15-12pm Studio B		Yoga w/Melanie 12-1pm Studio B
	Strength & Power w/Jessica 5-6pm Studio B	Zumba w/Julia 5-6pm Studio B	Power Hour w/Owen 12-1pm Studio A	Spinergy w/Owen 3:00-3:45pm Studio C	
	Cycle w/ Erin 6:00-6:45pm Studio C	Spinergy w/Owen 5-6pm Studio C		Barre w/ Lauren 4:00-4:45pm Studio A	Kickboxing w/Thomas 4-5pm Studio A
	Zumba w/Lauren 6:15-7:15pm Studio A	Strength & Power w/Zoe 6:15-7:15pm Studio B	Yoga w/Holly 12:30-1:30pm Studio B	Zumba w/Julia 5-6pm Studio B	
	Strength & Power w/Zoe 7:30-8:30pm Studio B		Yoga w/Amber 5-6pm Studio B	Cycle w/ Zoe 5-6pm Studio C	
	Kickboxing w/Thomas 7:30-8:30pm Studio A		Zumba w/ Lauren 6:15-7:15pm Studio A	Cycle w/Shannon 6:30-7:15pm Studio C	