



Group Fitness Classes



Included with membership!

Group X Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Group Power KYLIE	Group Fight KYLIE	Group Power KYLIE	Group Fight KYLIE	Total Body Blast		
7:30 AM	Sit-N-Fit LEE ANN	Sit-N-Fit LEE ANN	Sit-N-Fit LEE ANN	Sit-N-Fit LEE ANN	Sit-N-Fit LEE ANN		
9:00 AM		Group Active RENEA		Group Active RENEA		Group Power HOLLY	
10:00 AM	Tai Chi Practice NO INSTRUCTOR		Tai Chi TRISHA		Tai Chi Practice NO INSTRUCTOR		
11:00 AM	Sit-N-Fit VALERIE		Sit-N-Fit VALERIE		Sit-N-Fit VALERIE		
12:05 PM	Pilates RENEA	Group Power MIKKI	Pilates RENEA	Group Power MIKKI			
4:00 PM							
4:30 PM	Group Active CHRISTINE	Pilates Plus RENEA	Group Active CHRISTINE	Pilates Plus RENEA			
5:30 PM	Zumba AMY	High Fitness MEGAN	Zumba AMY	High Fitness MEGAN			
6:30 PM	Yoga Flow ALEXIS	Yoga Flow ALEXIS	Yoga Flow ALEXIS	Yoga Flow ALEXIS			

Cycling

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Cycling CHRISTINE		Cycling CHRISTINE			
9:00 AM							
12:05 PM	Cycling KIRSTEN		Cycling KIRSTEN				

Circuit

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	Circuit Class AMY S		Circuit Class AMY S		Circuit Class RENEA		