 Group Fitness Schedule

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  | 9:30am  Total Body Lift  (CS) | 9:15am  Hiit  (RG) |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 5:45pm  Spinning  (CS) | 6:00pm  Zumba  (PD) |  | 5:30pm  Zumba  (PD) |  |  |
| 6:30pm  MaximumCORE  (CS) |  |  |  |  |  |

*Effective 04/25/19*

*\*Saturday Morning Spin Will Return in the Fall*