



Spring 2019

April 1-June 1st

Group Training and Group Exercise

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:15-6:15am Group Training: Strong for Life with Tucker ----- 8:00-8:30am Group Training: Fat Burning Circuit with Lisa	5:30-6:00am Group Training: Fat Burn Circuit with Kaija ----- 8:00-8:45am Group Training: Strength Fusion with Lisa	5:15-6:15am Group Training: Strong for Life with Tucker ----- 8:00-8:30am Group Training: Tread & Shred with Lisa	8:15-9:00am Body Works Sculpt with Lisa	8:00-8:30 Group Training: Boot Camp with Molly
	9:00-9:45am HIIT with Lisa	9:00-9:45am Barre with Lisa 4:15-4:45pm Group Training: Fat Burn Circuit with Lisa	9:00-10am Yoga Flow with Bridget	9:00-9:45am Cycle & Strength with Lisa 4:15-4:45pm Group Training: Tread and Shred with Tara	9:15-10am Yoga Flow with Bridget	8:45-9:30am Cycle & Strength with Molly 9:45-10:45am Yoga Sculpt with Molly
	6:00-6:50pm Yoga Sculpt with Michelle	5:30-6:00pm Group Training: Fat Burn Circuit with Lisa 6:00-6:30pm Cycling with Molly	4:15-4:45pm Group Training: Bootcamp with Molly 6:00-6:45pm Heart Rate Training Workout with Molly**	5:30-6:00pm TRX Combo with Jessica 6:00-6:30pm Group Training: Tread & Shred with Tara		
		6:30-7:00pm Sculpt Express with Molly	6:45-7:30pm Abs and Yoga With Molly			

**** Heart Rate Training Workout will be FREE to all members for the month of April. Starting May 1st there will be an additional charge to take this class if you are not a Group Training member.**