

GROUP FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	Muscle Works Ron	Muscle Works Charley	Muscle Works Ron	Muscle Works Corey	Muscle Works Ron
8:30 am	Cardio & Core Instructors Vary (Ladies only)	Cardio Fusion Susan (Ladies only)	Pilates Muscle Dawn (Ladies only)	Cardio Fusion Susan (Ladies only)	Balance & Stretch Jane (Ladies only)
9:30 am		Body Sculpt Carol (Ladies only)		Body Sculpt Plus Carol (Ladies only)	
12:00 pm	Senior-Fit Class Stevie		Senior-Fit Class Stevie		
1:30 pm					REFIT® Chrissy (Ladies only)
5:30 pm	Cardio Circuit Nicki			Cardio Circuit Brad	
6:00 pm	Zumba® Beth (Ladies only)				

