

GROUP EXERCISE CLASSES

JULY

15th Street Fitness

Morning	MON	TUES	WED	THURS	FRI	SAT	Sun
7:00am-8:00am			Core Confidence <i>Mark</i>			Bootcamp 8:00am-9:00am <i>Bryan</i>	
9:00am - 10:00	Total Body <i>Gina</i>	Yoga <i>Paige</i>	Total Body <i>Gina</i>	Yoga <i>Paige</i>	Total Body 9:30am-10:30am <i>Chrissy</i>	Cycle 8:00am-9:00am <i>Diane</i>	
10:00am - 11:00						Funk Fusion <i>Diane</i> 9:00am-10:00am	
Evening						Abs / Core	
4:30pm - 5:30	Abs / Core Becky 5:00pm-5:30pm		Abs / Core Becky 5:00pm-5:30pm		Turbo Kick <i>Bobbie</i>	Becky 10:00am - 10:30am	Total Body <i>Diane</i>
5:30pm - 6:30	Zumba <i>Diane</i>	Total Body <i>Gina</i>	Turbo Kick <i>Bobbie</i>	Zumba <i>Diane</i>		Yoga <i>Paige / Mae</i> 10:30am-11:30am	Pilates <i>Diane</i>
6:30pm - 7:30pm		Cycle <i>Connie</i>		Cycle 6:00pm - 7:00pm <i>Chuck</i>	Group Training small group sessions with Certified Personal Trainer \$20 PER CLASS	<u>Club Hours:</u> <i>Mon - Thurs</i> 5am - 10pm <i>Friday</i> 5am - 8pm <i>Sat-Sun</i> 7:30am - 8pm	<u>KIDZ CLUB</u> <i>Mon - Fri</i> 8:30am - 11:30am <i>Mon - Thurs.</i> 4:30pm - 8:30pm <i>Saturday</i> 8:00am-11:30
6:30pm - 7:30	Total Body <i>Diane</i>	Pilates <i>Alana</i>	Yoga <i>Paige</i>	Pilates <i>Alana</i>			
7:30pm - 8:30		Gentle Yoga <i>Mae</i>					