

# Fitness Class Schedule - Updated June 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	#2 \$ Body Pump- Vanessa			#2 \$ Body Pump- Vanessa	
5:15 AM	FFF- Kenny		FFF - Kenny		#2 Kettlebell & Core - Aimee
5:30 AM		#1 Yoga - Connie		#1 Yoga - Tiffani	
7:30 AM			#1Gentle Yoga - Julie		
7:45 AM					#3 \$ Body Pump- Debbie
8:00 AM		#1 Yoga- Tiffani	#3 Step Aerobics - Tiffani	#1 Yoga- Tiffani	
8:30 AM	#2 Aerobic/Strength- Cathy		#2 Aerobic/Strength - Cathy		#2 Aerobic/Strength - Cathy
9:00 AM		Circuit Class - Wellness Center		Circuit Class - Wellness Center	
9:30 AM	#2 Mat - Cathy		#2 Mat - Cathy		#2 Mat - Cathy
9:45 AM			#3 Biking/TRX- Connie		#3 Biking/TRX- Connie
10:15 AM	#2 Active Chair - Cathy/Dedra		#2 Active Chair - Cathy/Dedra		#2 Active/Chair - Cathy/Dedra
11:15 AM	Chair Only - Dedra		Chair Only - Dedra		
4:15 PM	#3 Biking - Tera				
4:30 PM	#1 Yoga- Connie #3 Back to Basics - Dedra	#3 Pilates- Cathy	#1 Yoga- Connie #3 Back to Basics - Dedra	#3 Pilates- Cathy	
4:45 PM		#2 \$ Body Pump- Connie		#2 \$ Body Pump- Connie	
5:30 PM	#1 WERQ- Paula #2 \$ Body Pump- Debbie #3 Biking- Tera	#1 Werq - Paula	#1 Country Fusion- Tiffany P. #2 TBT - Samantha	#1 WERQ- Paula #3 TBT - Samantha	
6:30 PM	#1 Yoga- Jody #2 Pound - Sam #3 TRX- Becky	#1 Country Fusion - Paula	#1 Yoga - Jody #3 TRX - Becky	#1 Country Fusion - Paula	
7:30 PM					
\$ Indicates a paid class (Body Pump)					
#1 Original Fitness Studio		#2 Studio Closest to the Office		#3 Studio Closest to the Windows	
Classes in the Kennen Center		Classes in the Wellness Center		Classes Behind the Front Desk	
<b>Saturday - 9:00 am \$ Body Pump with Debbie (Room 2)</b>					
<b>Saturday - 10:00 am Country Fusion with Tiffany P. (Room 1)</b>					