



January/February Group Fitness

Classes are subject to CHANGE or CANCELLATION due to instructor availability, COVID, or class participation.

January 25,2021 - February 28, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
5:30-6:00am	Bosu Core Ashleigh	Extreme HIIT Chaos Jennifer	SPINNING Mark	Band Burn Out Ashleigh	SPINNING Mark	
7:00-7:45am						SPINNING Mark
8:00-8:45am	FB Live Taylor		FB Live Jennifer		FB Live Bethany	Morning Mix Rotating Instructors
8:30-9:15am	BARRE Above Jennifer	LIIT Ashleigh	Pure Strength Jennifer B.	Cardio Blast Jennifer B.	Core & Stretch Sheralyn	
10-10:45am			FB Live Active Agers Group Fitness group			
4:00-4:45pm	Extreme HIIT Chaos Sheralyn	R.I.P.P.E.D. Lori		BARRE Above Jennifer		
5:00-5:45pm	Pure Strength Jennifer B.	Step it up! Jayne	Muscle Mania Sheralyn			
6:00-6:45pm	SPINNING Mark		Cardio Sculpt Bethany	Relax & Restore Sheralyn		

To book a reservation for our group fitness classes please visit our calendar on our website.

All classes must have a reservation as classes are limited in number of participants.

Football Frenzy February 7th

Spring into Action Starts March 1st

Check out our virtual video series for only \$10.00

10 Days of Pilates

10 Days of To the Core (NEW)

Jennifer Bailey, Lori Birnbaum, Sheralyn Bolton, Mark Graue, Ashleigh Mauhar, Amanda Minikel, Bethany Rademaker,

Taylor Rohrer, Emily Ryan, Jayne Weaver, Rachael Welker

Fit Zone Hours Weekdays 5am-7pm Sat/Sun 6am-6pm