

Group Fitness Class Schedule

SUN	MON	TUES	WED	THUR	FRI	SAT
9:30 - 10:20am Trainer's Choice	<u>5:45 - 6:35am</u> S&L - Full	<u>6:15 - 7:05am</u> Row & Grow	<u>5:45 - 6:35am</u> Strength in Motion	<u>6:15 - 7:05am</u> Strength in Motion	<u>5:45 - 6:35am</u> S&L - Full	
	<u>7:00 - 7:50am</u> Strength in Motion		<u>7:00 - 7:50am</u> Strength Evolution		<u>7:00 - 7:50am</u> S&L - Full	<u>7:00 - 8:00am</u> <i>Fit Club with Susan</i> <i>(4th Sat every month)</i>
	<u>8:15- 9:05am</u> S&L - Full	<u>8:30 - 9:20am</u> Balance & Build	<u>8:15- 9:05am</u> S&L - Full	<u>8:30 - 9:20am</u> Balance & Build	<u>8:15 - 9:05am</u> Row & Grow	<u>8:30 - 9:20am</u> Trainer's Choice
	<u>12:00 - 12:50 pm</u> <i>S & L - Full</i> <i>(coming Jan 2026)</i>		<u>12:00 - 12:50 pm</u> Strength in Motion		<u>12:00 - 12:50 pm</u> Trainer's Choice	
	<u>4:30 - 5:20pm</u> S&L - Upper	<u>4:30 - 5:20pm</u> Strength in Motion	<u>4:30 - 5:20pm</u> S&L - Lower		<u>4:30 - 5:30pm</u> <i>Fit Club with Susan</i> <i>(2nd Fri every month)</i>	
	<u>5:30 - 6:20pm</u> S&L - Full	<u>5:30 - 6:20pm</u> S&L - Full	<u>5:30 - 6:20pm</u> S&L - Full	<u>5:30 - 6:20 pm</u> S&L - Full	<u>4:30 - 5:40pm</u> <i>Lift & Flow w/Michelle</i> <i>(3rd Fri every month)</i>	
					<u>4:45 - 5:35 pm</u> <i>Trainer's Choice</i> <i>The occasional Friday</i> <i>(check the schedule)</i>	

