

Group Fitness Class Schedule

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