

# I AM Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
530 - 6:30 AM		Spin - Kerry			Spin - Kerry		
8-9 AM						Spin - Kerry	<i>XLR8 - Dave*</i>
8:30-9:30AM	<u>Seniorcise - Diane</u> Strength Work-Donna	<u>Aqua- Jean/Andrea</u> Cardio Blast Donna (30mins)	Barre & More Donna	<u>Aqua - Andrea</u> Step Express- Donna (30mins)	<u>Seniorcise-Diane</u> Total Body Strength - Andrea	Pilates - Donna	Spin - Jen
9-10 AM		<u>StrengthWorks-Donna</u> <i>XLR8 - Dave*</i>	Spin Monica	ABS Express-Donna			9:15 Total Pump Jen
9:30-10:30 AM	<u>CardioKick-Donna</u> Spin-Jen		Sweat- Jen	StrengthWorks Donna	<u>Zumba - Andrea</u> Spin - Monica	Zumba - Sandy	
10 - 11AM		Pilates - Donna					
10:30-11:30 AM	Total Pump - Jen						Yoga - Carol
4:30 - 5:30pm					KidFit Boxing - Dave		
5:30-6:30 PM		<i>XLR8 - Dave*</i>			<i>XLR8 - Dave*</i>		
6-7PM	<i>XLR8 - Dave*</i>		1st of Mth - Step Barre-Lattes Donna				
6:30-7:30 PM		Yoga - Carol		Yoga - Laura			

Class format & instructors are subject to last minute changes

45 - 60mins unless specified

**XLR8 requires 'Small Group Training' registration Boxing area**