

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	Seniorcise - Diane Strength Work-Donna	Cardio Blast Tom (30mins)	Barre & More Donna	Step Express Donna (30mins)	Seniorcise-Diane Total Body Strength - Andrea	Pilates - Donna	Spin - Jen
9-10 AM		Aqua- Diane StrengthWorks-Donna <i>XLR8 - Dave*</i>		ABS Express-Donna Aqua - Andrea			9:15 Total Pump Jen
9:30-10:30 AM	CardioKick-Donna Spin-Tom		Spin -Tom Sweat- Jen	StrengthWorks Donna	Zumba - Andrea Spin - Monica	Zumba - Sandy	
10 - 11AM		Pilates - Donna					
10:30-11:30 AM	Total Pump - Jen						Yoga - Carol
4:30 - 5:30pm			KidFit Sports and Conditioning - Dave		Yoga-Carol KidFit Boxing - Dave		
5:30-6:30 PM	Total Body Strength - Lori	Zumba - Sandy <i>XLR8 - Dave*</i>	Age-less Fitness Lori (40 min)		<i>XLR8 - Dave*</i>		
6-7PM	<i>XLR8 - Dave*</i>						
6:30-7:30 PM		Yoga - Carol	1st of Mth - Step Barre-Lattes Donna	Yoga - Laura			

Class format & instructors are subject to last minute changes

45 - 60mins unless specified

XLR8 requires 'Small Group Training' registration Boxing area