2020 Virtual			Group Exercise Schedule (All classes FREE for Members) Visit our website for our online class schedule www.fitnessforum.biz			fitness FORUM For Life x 2855 Miller Dr. Ste 101, Plymouth, IN 46563 (574) 936-2333				
nday	Т	uesday	Wed	Inesday	\$4.50	Thursday		Friday	S	aturday
Cardio- Pump	5:25am	Core Strong	5:30am	RIP	5:25am	Strong	5:30am	Cardio-Pump	7:10am	Super Step
TBR	8:25am	Body Tone	9:00am	RIP	8:25am	TBR	9:00am	RIP	8:00am	Bodypump
Cycling	9:20am	Yoga Fit	9:30am *David	Chair Yoga	9:20am	YOGA	10:30am *David	Gentle Yoga	9:15am	Yoga Styles vary
RIP	10:30am *David	Gentle Yoga	10:30am	Power Yoga	10:30am	Gentle Yoga			9:00am 2nd&3rd Week	GROOV3 Adul Hip Hop
Silver Sneakers	10:30am *Cindy	Drums	10:30am	Flash Fit Cardio	10:30am* Cindy	Drums			Vir	tual
YOGA	11:30am	Pop Pilates	5:30pm	Bodypump	11:30	Pop Pilates	Class Location Legend		Unli	imited
Gentle Yoga	Noon *Cindy	Silver Sneaker	6:30pm	Sports FIT	Noon	Silver Sneakers	Band Classes			
Flash Fit Cardio	5:30pm	Cardio Intervals	6:30pm	Yoga Fit	4:25pm	Cardio Intervals	*Zoom Classes (Cindy & David only)			asses
Bodypump		Bodypump	6:00pm	GROOV3 Adult Hip Hop	5:30pm	Bodypump	Varies Zoom or Band		Re	gister
Sports Fit	5:30pm	Cardio Dance			6:30pm	YOGA				~
	6:30pm	Pop Pilates								oday! 9.99
	nday Cardio- Pump TBR Cycling RIP Silver Sneakers YOGA Gentle Yoga Flash Fit Cardio Bodypump	dayTCardio- Pump5:25amPump5:25amTBR8:25amTBR9:20amCycling9:20amRIP10:30amSilver10:30amSilver10:30amSneakers*CindyYOGA11:30amGentle YogaNoon *CindyFlash Fit Cardio5:30pmSodypump5:30pm	ndayTuesdayCardio- Pump5:25am S:25amCore StrongTBR8:25amBody ToneTBR9:20amYoga FitCycling9:20amYoga FitRIP10:30am *DavidGentle YogaSilver Sneakers10:30am *CindyDrumsYOGA11:30am *CindyPop PilatesGentle YogaNoon *CindySilver SneakerFlash Fit Cardio5:30pm SodypumpCardio DanceSports Fit5:30pm S:30pmCardio Dance	20 Wirtual(All Visit of StrengndayTuesdayWeedCardio- Pump5:25am StateCore Strong5:30amTBR8:25amBody Tone9:00amTBR9:20amYoga Fit9:30am *DavidCycling9:20amYoga Fit9:30am *DavidRIP10:30am *DavidGentle Yoga10:30am *DavidSilver Sneakers10:30am *CindyDrums10:30am SilverYOGA11:30am *CindyPop Pilates5:30pm 6:30pmGentle YogaNoon *CindySilver Sneaker6:30pm 6:30pmFlash Fit Cardio5:30am Bodypump6:00pmSports Fit5:30pm 5:30pmCardio DanceSports Fit5:30pmCardio Dance	(All classes FRE Visit our website for schedule www.fiOutputTuesdayWednesdayCardio- Pump5:25am Core Strong5:30amRIPTBR8:25amBody Tone9:00amRIPTBR8:25amBody Tone9:00amRIPCycling9:20amYoga Fit David9:30am *DavidChair YogaRIP10:30am *DavidGentle Yoga10:30am *DavidPower YogaSilver Sneakers10:30am *CindyDrums10:30am *DavidFlash Fit CardioYOGA11:30am *CindyPop Pilates5:30pm Sports FITBodypumpGentle YogaNoon *CindySilver Sneaker6:30pm Gam Yoga FitSports FITFlash Fit Cardio5:30am BodypumpBodypumpGenOOV3 Adult Hip HopSports Fit5:30pm Cardio DanceGenOOV3 Adult Hip Hop	(All classes FREE for Mem Visit our website for our onli schedule www.fitnessforundayTuesdayWednesday\$4.50Cardio- Pump5:25amCore Strong5:30amRIP5:25amTBR8:25amBody Tone9:00amRIP8:25amCycling9:20amYoga Fit9:30am *DavidChair Yoga9:20amRIP10:30am *DavidYoga Fit9:30am *DavidChair Yoga9:20amRIP10:30am *DavidGentle Yoga10:30am *DavidPower Yoga10:30am CardioSilver YOGA10:30am *CindyDrums10:30am 5:30pmFlash Fit Cardio10:30am tintervalsGentle Yoga *CindySilver Sneaker6:30pm CardioSports FITNoon 4:25pmGentle YogaSilver Silver Silver6:30pm CardioGROOV3 Adult Hip Hop5:30pm 6:30pmBodypump5:30am Soorts FitBodypump6:30pmGROOV3 Adult Hip Hop6:30pm	(All classes FREE for Members) Visit our website for our online class schedule www.fitnessforum.bizndayTuesdayWednesday\$4.50 ThursdayCardio- Pump5:25am Core StrongCore Strong5:30amRIP5:25am StrongCore StrongTBR8:25am Body Tone9:00amRIP8:25am Body ToneTBR8:25am TBRTBRCycling9:20am Poga FitYoga Fit Tavid9:30am TavidChair Yoga9:20am Power YogaYOGARIP10:30am TavidGentle Yoga10:30am TavidPower Yoga10:30am CardioGentle YogaSilver Sneakers10:30am *CindyDrums10:30am SilverFlash Fit Cardio10:30am* CindyDrumsYOGA11:30am YOGAPop Pilates5:30pm Silver SneakerSports FIT SneakersNoon Silver SneakersSilver SneakersFlash Fit Yoga5:30pm CardioCardio Intervals6:30pm GROOV3Si30pm Si30pm Si30pmBodypumpSports Fit Si30pm5:30pm Cardio DanceGROOV3 Adult Hip Hop5:30pm Si30pmBodypump	(All classes FREE for Members)fiftnerVisit our website for our online class schedule www.fitnessforum.bizndayTuesdayWednesday\$4.50 ThursdayCardio- Pump5:25amCore Strong5:30amRIP5:25amCore Strong5:30amTBR8:25amBody Tone9:00amRIP8:25amTBR9:00am10:30am9:20amYoga Fit9:30amChair Yoga9:20amYOGA10:30amCycling9:20amYoga Fit9:30amChair Yoga9:20amYOGA10:30amRIP10:30amGentle Yoga10:30amPower Yoga10:30amGentle Yoga10:30amSilver10:30amGentle Yoga10:30amFlash Fit CardioDrumsClass L YogaYOGA11:30amPop Pilates5:30pmBodypump11:30Pop PilatesClass L SilverYOGA11:30amCardio6:30pmYoga FitSilver SneakersSilver SneakersSageFlash Fit Cardio5:30pmGROOV3 Adult Hip Hop5:30pmBodypumpVariesSports Fit5:30pmCardio Dance6:30pmYOGASilver Si30pmSophy Yoga	All classes FREE for Members) Visit our website for our online class schedule www.fitnessforum.bizfitness Forumes 2855 Miller Dr. Ste 101, (574) 936dayTuesdayVednesday\$4.50 ThursdayFridayCardio- PumpSiste or our online class schedule www.fitnessforum.bizFridayCardio- PumpSiste or our online class schedule www.fitnessforum.bizFridayCore Strong5:30amRIP5:30amCore StrongSilver SilverTBR8:25amCore StrongSilver ToavidCore StrongSilver SilverSilver ToavidFridayCore StrongSilver PoavidCore StrongSilver ToavidCore StrongSilver StrongSilver YogaSilver YogaSilver YogaSilver YogaSilver YogaSilver YogaSilver YogaSilver YogaSilver YogaSilver YogaSilver YogaSilver YogaSilver Silver SilverSilver Silver SneakersSilver Silver SneakerSilver Silver SneakerSilver Silver Sne	Construction (All classes FREE for Members) Visit our website for our online class schedule www.fitnessforum.biz Cass 2855 Miller Dr. Ste 101, Plymouth (574) 936-2333 rday Tuesday Wednesday \$4.50 Thursday Friday S Cardio- Pump 5:25am Core Strong 5:30am RIP 5:25am Core Strong 5:30am Cardio-Pump 7:10am TBR 8:25am Body Tone 9:00am RIP 8:25am TBR 9:00am RIP 8:00am Cycling 9:20am Yoga Fit 9:30am Chair Yoga 9:20am YOGA 10:30am Gentle Yoga 9:00am RIP 8:00am RIP *David Gentle Yoga 10:30am Power Yoga 10:30am Gentle Yoga 9:00am Silvar 20:00am

Cardio	Strength/Cardio	Senior	Mind/Body/Flexibility	
Drums Alive: Discover the drummer in you! Drums Alive combines movement with the powerful beat and rhythems of drumming for an amazing brain and body workout! Kids Friendly! 7yrs and up Cardio Pump:A combo of energetic cardio a d strength training segments to	BODYPUMP: Challenge all of your major muscle groups in 50 minutes by using the best weight-room exercises like squats, presses, lifts, and curls. Great music; awesome instructors and your choice of weight inspire you to get the results you came for and fast!	Silver Sneakers: Low impact seated class providing variety exercises for upper and lower body. Builds stability with breath and active motion. Using hand wieghts, tubes, and balls for resistance.	YOGAFIT/YOGA Level 2-3: Enjoy a workout of strengthening, lengthening, and balancing poses in a fluid moving workout centered on Yoga alignment principals. Participants will gain the benefits of relaxation, stress reducing , and mental focus. Concluding class with a 5-10 minute relaxation session. Great for all levels. Beginners welcome Level 2-3 Yoga/Gentle Yoga: Enjoy an intentional yoga practice to end your workout balanced, release tension and restore breath and feel restored. This is a practice that poses "asanas" can be modified to meet any	
help you shred the fat and build lean muscles! Cardio Super Step: This is a fun energetic class utilizing the step platform to give you a great cardio workout. The class will have great music and enthusiastic exercises for a total body workout.	Total Body Resistance (TBR): This class is designed to improve strength and fitness. TRX suspension and rope exercises provide functional fitness for participants of all levels.	Flash Fit: Is a full body workout for the active participant! Our 45 minute workout is broken up into 15 minutes of cardio, weights, core, and mat floor work. Everyone welcomed all ages!		
Cardio Interval training, is a training technique in which you give allout, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burn more fat in less time.	RIP: Is a barebell workout that incorporates functionall orthopedic strength training. Every movement plane is attacked using weights and bodyweight. Featuring safe and motivating exercises, and great music to creats a thrilling group fitness atmosphere.		fitness level. Connecting mind, body, and spirit with a slow practice. Level 1-2	
Pop Pilates: is a workout put to pop songs that gives a full body workout; while focusing on strengthening and developing the core. With modifications for all fitness levels; this dance on the mat will leave no muscle untouched with a varirty of challenging movements.	GROOV3: is a one hour, dance-til-you- drop cardio funk (hip hop) fitness class with a mission to inspire change and build communities through the power of dance.	**Class cancellation notice** Group exercise schedule, instructor and/or classes are subject to change with no prior notification. If any class has less than 5 participants for 3 weeks in a	Chair Yoga: Yoga inspired utilizing a chair for support and for modifications to the yoga practice. This class is perfect for the new yogi, one who just needs a more intentional practice or for the yogi who wants a challenge. The practice is yours to modify. Open to all levels. Level 1-2	
Cardio Dance: This class is a targeted body-sculpting and high energy cardio workout infused with dance moves to create a calorie-torching, strength training party. The workout is nonstop with repetitive athletic moves and fresh dance steps! All fitness levels welcome		row it will be removed from the schedule for the following month. Classes are scheduled based on instrctor availability.		