



Summer 2017 GROUP FITNESS SCHEDULE June 5–August 4

Day	Time	Class	Instructor	Location
Monday	8:45-9:45 AM	Active Adults 1	Barbara	GFS
	12:15-12:45 PM	Turbokick	Jenna	GFS
	1:00-1:30 PM	Arms & Abs	Tori	GFS
	5:15-6:15 PM	Extreme Fit	Tori	GFS
Tuesday	8:45-9:30 AM	Sunrise Yoga	Kelsey	GFS
	9:45-10:30 AM	Small Group Bootcamp	Tori & Kelsey	Depends on Day
	11:00-12:00 PM	Active Adults Aqua	Jill	Pool
	5:15-6:00 PM	Cycle 45	Misty	CS
Wednesday	8:45-9:30 AM	Active Adults 1	Barbara	GFS
	12:00-1:00 PM	Cardio + Strength	Misty	GFS
	5:15-6:00 PM	Zumba	Tatyana	GFS
Thursday	8:45-9:45 AM	Core + Stretch	Kelsey	GFS
	9:45-10:30 AM	Small Group Bootcamp	Tori & Kelsey	Depends on Day
	10:45-11:30 AM	Zumba	Veronica	GFS
	5:15-6:15 PM	Yoga	Veronica	GFS
Friday	8:45-9:45 AM	Active Adults	Barbara	GFS
Saturday	10:00 AM	Fresh Fitness	Tori & Kelsey	Turley Park