

LAST UPDATED
3/9/2020

W I N T E R 2 0 2 0

FITNESS CLASS SCHEDULE

WINTER SESSION III
MAR. 16-APR. 19

	MON	TUES.	WEDS.	THURS.	FRI.	SAT.
MORNING						
5:15-5:45 AM	KETTLEBELLS STAFF	POUND HILLARY	KETTLEBELLS STAFF	POUND HILLARY	KETTLEBELLS STAFF	
5:15-6:00 AM	CYCLE KIM		SPIN & SCULPT RACHEL			
7:15-8:00 AM						KETTLEBELLS MARGARET
8:00-8:45 AM	BARRE CHELSEA		BARRE CHELSEA			
8:15-9:00 AM		KETTLEBELLS SUE		KETTLEBELLS SUE		
8:15-9:05 AM		YOGA MONIKA		YOGA MONIKA		
8:30-9:30 AM						TAI CHI MITCH
9:00-10:00 AM	STRONG KAREN		CARDIO BOOTIES TRINITY		STRONG KAREN	
9:15-10:15 AM		R.I.P.P.E.D. KAREN		R.I.P.P.E.D. KAREN		
10:15-11:05 AM	SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS YOGA WHITNEY	
10:30-11:20 AM		SILVERSNEAKERS YOGA KAREN		SILVERSNEAKERS CLASSIC KAREN		
EVENING						
4:00-4:45 PM						
4:30-5:30 PM		CYCLE TRACY		TURBO KICK TRACY		
5:00-5:45 PM	BOOT CAMP STAFF		BOOT CAMP STAFF			
5:30-6:00 PM		BODYSHRED JULIE		BODYSHRED JULIE		
5:35-6:25 PM						
6:00-7:00 PM	ZUMBA KAREN					
6:15-7:00 PM		STRENGTH & SCULPT CHRISTA		STRENGTH & SCULPT CHRISTA		
6:30-7:30 PM			YOGA CHRISTA			
7:15-8:05 PM	YOGA JULIE					

Contact Hillary Knowles for more fitness class information at hknowlescantonmcafitness@gmail.com