

GROUP FITNESS SCHEDULE



Ashland

Effective Sept. 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BODYPUMP 5:30am-6:30am Gina		CROSS TRAINING 5:30am-6:30am Shelly	STEP 5:30am-6:30am Joanie		
BODYPUMP™ 9:00am-10:00am Karen		BODYPUMP™ 9:00am-10:00am Denise		BODYPUMP EXPRESS 9:00am-9:30am Kerin	BODYPUMP™ 8:30am-9:30am Karen	YOGALATES 9:00am-10:00am Nicole
ZUMBA 10:00am-11:00am Jopeng	BODYCOMBAT™ 9:30am-10:30am Kerin	Total Body Tabata 10:00am-11:00am Denise	BODYCOMBAT 9:30am-10:30am Denise	Drenched 9:30am-10:00am Kerin	ZUMBA 9:35am-10:30am Deborah	Bodypump 10:00am-11:00am Kerin
	Power Yoga 10:30-11:30am Joe	← NEW TIME	YOGA 10:30am-11:30am Joe		Power Yoga 10:40am-11:45am Drew	
BODYPUMP™ 5:45pm-6:45pm Kara	ZUMBA 6:00pm-7:00pm Nicole	BODYPUMP™ 6:00pm-7:00pm Kerin	PiYo 6:00pm-7:00pm Jenn	← NEW CLASS		
Pilates 6:45pm-7:45pm Joni	Pilates Yoga Fusion 7:00pm-8:00pm Joni	BODYCOMBAT 45 min. format 7:00pm-7:45pm Kerin				
	Kyokushin Karate 8:00pm-9:30pm Gennadiy/Joe		Kyokushin Karate 8:00pm-9:30pm Gennadiy/Joe			

GYM HOURS

MONDAY - THURSDAY

5 AM TO 10 PM

FRIDAY

5 AM TO 9 PM

SATURDAY & SUNDAY

7 AM TO 7 PM

Babysitting

Sunday-Friday

9:00am-11:30am

Saturday

9:00am-12:00pm