

# GROUP FITNESS SCHEDULE



# Ashland

Effective July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle Conditioning</b> 5:30AM-6:30AM Shelly	<b>BODYPUMP™</b> 5:30AM-6:30AM Gina	<b>Interval Spin</b> 5:30AM-6:20AM Maureen	<b>CROSS TRAINING</b> 5:30AM-6:30AM Shelly	<b>STEP</b> 5:30AM-6:30AM Joanie	<b>CYCLE</b> 8:00AM-9:00AM Amy	<b>BODYCOMBAT™</b> 8:00AM-9:00AM Carla
<b>BODYPUMP™</b> 9:00AM-10:00AM Karen		<b>Cycle Sprint</b> 8:15AM-8:45AM Denise		<b>BODYPUMP™</b> 9:00AM-10:00AM Kerin	<b>BODYPUMP™</b> 8:30AM-9:30AM Kristina	<b>YOGALATES</b> 9:00AM-10:00AM Nicole
	<b>BODYCOMBAT™</b> 9:30AM-10:30AM Kerin	<b>BODYPUMP™</b> 9:00AM-10:00AM Denise	<b>BODYCOMBAT™</b> 9:30AM-10:30AM Denise	<b>Cycle Sprint</b> 10:00AM-10:30AM Kerin	<b>ZUMBA</b> 9:35AM-10:30AM Carolyn	<b>Beginner Cycle</b> 9:00AM-10:00AM Joe
		<b>20-20-20</b> 10:00AM-11:00AM Denise	<b>YOGA</b> 10:35AM-11:35AM Joe		<b>Power Yoga</b> 10:40AM-11:45AM Drew	
<b>BODYPUMP™</b> 6:00PM-7:00PM Kara	<b>ZUMBA</b> 6:00PM-7:00PM Nicole	<b>Cycle Sprint</b> 5:30PM-6:00PM Kerin	<b>PiYo</b> 6:00PM-7:00PM Jenn	<b>BODYATTACK</b> 6:00PM-7:00PM Kristina	<p><b>GYM HOURS</b></p> <p><b>MONDAY - THURSDAY</b> 5 AM TO 10 PM</p> <p><b>FRIDAY</b> 5 AM TO 9 PM</p> <p><b>SATURDAY &amp; SUNDAY</b> 7 AM TO 7 PM</p>	
<b>Pilates</b> 7:00PM-8:00PM Joni		<b>BODYPUMP™</b> 6:00PM-7:00PM Kerin				
	<b>Kyokushin Karate</b> 8:00PM-9:30PM Gennadiy/Joe	<b>BODYCOMBAT EXPRESS</b> 7:00PM-7:45PM Kerin	<b>Kyokushin Karate</b> 8:00PM-9:30PM Gennadiy/Joe			