



Effective August 2017

group fitness studio schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Forever Fit Shirleen	Yoga/TAI CHI Shirleen	Forever Fit Shirleen	Yoga/TAI CHI Shirleen	Forever Fit Shirleen	Christy Fred Amanda
10:00 AM	All in 1 Kim	Movers & Shakers Shirleen	All in 1 Kim	Movers & Shakers Shirleen	All in 1 Kim	Tracy/Lisa
11:00 AM	Kim		Kim		Kim	
12:00 PM	Balance X Crawl PIYO (Pilates/Yoga) Shirleen	POWER STEP Kim	Balance X Crawl PIYO (Pilates/Yoga) Shirleen	POWER STEP Kim		
4:30 PM						
5:30 PM	POWER STEP Beth	TRANSFORM Beth/Nicole	POWER STEP Beth	TRANSFORM Beth/Nicole		
6:30 PM		Amanda Christy Fred	Amanda Christy Fred	Amanda Christy Fred		
7:30 PM		Tracy/Lisa		Tracy/Lisa		
