

# GROUP FITNESS ROOM SCHEDULE AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9AM-9:45AM</b> <b>Intervals</b> <i>Blair</i>	<b>9AM-9:45AM</b> <b>Spin 45</b> <i>Kelley</i>	<b>9AM-9:45AM</b> <b>Intervals</b> <i>Mary</i>	<b>9AM-9:45AM</b> <b>Spin 45</b> <i>Mary</i>	<b>9AM-9:45AM</b> <b>Intervals</b> <i>Rotating</i>	<b>9:30AM-10:15AM</b> <b>Instructor Choice</b> <i>Rotating</i>
<b>10AM-10:45AM</b> <b>Pump it Up</b> <i>Blair</i>	<b>10AM-10:45AM</b> <b>Pump It Up</b> <i>Kelley</i>	<b>10AM-10:45AM</b> <b>Pump it Up</b> <i>Mary</i>	<b>10AM-10:45AM</b> <b>Body Burn</b> <i>Mary</i>	<b>10AM-10:30AM</b> <b>Line Dancing</b> <i>Kelley</i>	<b>10:30AM-11AM</b> <b>Instructor Choice</b> <i>Rotating</i>
<b>11AM-11:30AM</b> <b>Chair Yoga</b> <i>Blair</i>	<b>11AM-11:30AM</b> <b>Barre</b> <i>Kelley</i>	<b>11AM-11:30AM</b> <b>Stretch</b> <i>Mary</i>	<b>11AM-11:30AM</b> <b>Chair Yoga</b> <i>Mary</i>	<b>10:30AM-11am</b> <b>Stretch</b> <i>Kelley</i>	
<b>12PM-12:30PM</b> <b>Delay the Disease I</b>		<b>12PM-12:30PM</b> <b>Delay the Disease I</b>	<b>12PM-1PM</b> <b>LifeFit Staff Meeting</b> <i>(2nd Thursday Only)</i>		
<b>12:45PM-1:15PM</b> <b>Delay the Disease II</b>		<b>12:45PM-1:15PM</b> <b>Delay the Disease II</b>			
<b>4:30PM-5PM</b> <b>HIIT</b> <i>Gabi</i>	<b>4:30PM-5PM</b> <b>Pilates/Core</b> <i>Virtual Class</i>	<b>4:30PM-5PM</b> <b>HIIT</b> <i>Gabi</i>	<b>4:30PM-5PM</b> <b>Beginners Pilates</b> <i>Virtual Class</i>		
<b>5:15PM-6PM</b> <b>Circuit</b> <i>Logan</i>	<b>5PM-6PM</b> <b>Member's Choice</b> <i>Virtual Class</i>	<b>5:15PM-6PM</b> <b>Circuit</b> <i>Logan</i>	<b>5:30PM-6:15PM</b> <b>Spin &amp; Abs</b> <i>Logan</i>		
	<b>6:15PM-7:15PM</b> <b>Zumba</b> <i>Meridith</i>				



*Saturday Class Formats are announced weekly in our Facebook group: "LifeFit Wellness Services."*

*Additional virtual classes are available upon request any time a class is not scheduled! Ask a staff member for details.*