

LARGE GROUP X ROOM - G2 SCHEDULE



CHOICE
HEALTH & FITNESS

July 16-22, 2018

	Mon 7/16	Tues 7/17	Wed 7/18	Thurs 7/19	Fri 7/20	Sat 7/21	Sun 7/22
5:00 am							
6:00 am	BodyPump™ 5:30 - 6:30 am Sandy	Zumba® 5:30 - 6:30 am Lexy	BodyPump™ 5:30 - 6:30 am Amanda	Zumba® 5:30 - 6:30 am Lexy	SunUp B.Pump™ 6:00 - 6:30 am Naomi		
7:00 am							
8:00 am							
9:00 am	POUND® 8:45 - 9:30 am Stayce	Fun & Fit 8:45 - 9:30 am Amber	Step Fusion 8:45 - 9:30 am Tammy	Fun & Fit 8:45 - 9:30 am Amber	Zumba® 9:00 - 10:00 am Andy	Zumba® 8:30 - 9:30 am Kaitlyn	
10:00 am	Tone Up 9:35 - 10:05 am Stayce	SS Circuit® 9:45 - 10:30 am Amber	Rock Bottom 9:35 - 10:05 am Tammy	SS Circuit® 9:45 - 10:30 am Amber	BodyPump™ 10:15 - 11:15 am Amanda	BodyPump™ 9:45 - 10:45 am Yvonne	BodyPump™ 10:15 - 11:15 am TBD
11:00 am	Zumba® Gold 10:30 - 11:00 am Tammy			Chair Yoga 10:45-11:30am Diane			
12:00 pm		BodyPump™ 12:15 - 1:00 pm Amanda		BodyPump™ 12:15 - 1:00 pm Yvonne			
1:00 pm	Sport Yoga 1:00 - 1:45 pm Chris		Sport Yoga 1:00 - 1:45 pm Chris				Zumba® 1:00 - 2:00 pm TBD
2:00 pm							
3:00 pm							
4:00 pm	Step It Up 4:30 - 5:10 pm Becky		Step It Up 4:30 - 5:10 pm Jen M				
5:00 pm	Tone Up 5:15 - 5:45 pm Becky	A B C's 5:10 - 5:50 pm Becky	Rock Bottom 5:15 - 5:45 pm Jen M	A B C's 5:10 - 5:50 pm Chilly			
6:00 pm	Zumba® 6:00 - 6:45 pm Andy	Target Zone 6:00 - 6:45 pm Susan	Zumba® 6:00 - 6:45 pm Corey	Zumba® 6:00 - 6:45 pm Kaitlyn			
7:00 pm	Kick Burn & Build 7:00 - 8:00 pm Corey	BodyPump™ 7:00 - 8:00 pm Alyssa	Kick Burn & Build 7:00 - 8:00 pm Chilly	BodyPump™ 7:00 - 8:00 pm Katy J			
8:00 pm							
9:00 pm							

Note: \$ symbol = Fee-Based Classes