

# LARGE GROUP X ROOM - G2 SCHEDULE



**CHOICE**  
HEALTH & FITNESS

**June 11-17, 2018**

|          | Mon   6/11                                    | Tues   6/12                              | Wed   6/13                                    | Thurs   6/14                             | Fri   6/15                               | Sat   6/16                             | Sun   6/17                              |
|----------|---|--|---|--|--|--|---|
| 5:00 am  |   |  |   |  |  |  |   |
| 6:00 am  | BodyPump™<br>5:30 - 6:30 am<br>Sandy          | Zumba®<br>5:30 - 6:30 am<br>Lexy         | BodyPump™<br>5:30 - 6:30 am<br>Amanda         | Zumba®<br>5:30 - 6:30 am<br>Lexy         | SunUp B.Pump™<br>6:00 - 6:30 am<br>Sandy |  |   |
| 7:00 am  |   |  |   |  |  | POUND®<br>7:30 - 8:15 am<br>Stayce     |   |
| 8:00 am  |   |  |   |  |  |  |   |
| 9:00 am  | POUND®<br>8:45 - 9:30 am<br>Ashley            | Fun & Fit<br>8:45 - 9:30 am<br>Brenda    | Step Fusion<br>8:45 - 9:30 am<br>Jen M        | Fun & Fit<br>8:45 - 9:30 am<br>Amber     | Zumba®<br>9:00 - 10:00 am<br>Andy        | Zumba®<br>8:30 - 9:30 am<br>Lexy       |   |
| 10:00 am | Tone Up<br>9:35 - 10:05 am<br>Ashley          | SS Circuit®<br>9:45 - 10:30 am<br>Brenda | Rock Bottom<br>9:35 - 10:05 am<br>Jen M       | SS Circuit®<br>9:45 - 10:30 am<br>Brenda |  | BodyPump™<br>9:45 - 10:45 am<br>Alyssa |   |
|          | Zumba® Gold<br>10:30 - 11:00 am<br>Tammy      |  |   | Chair Yoga<br>10:45-11:30am<br>Amber     | BodyPump™<br>10:15 - 11:15 am<br>Katy J  |  | BodyPump™<br>10:15 - 11:15 am<br>Yvonne |
| 11:00 am |   |  |   |  |  |  |   |
| 12:00 pm |   | BodyPump™<br>12:15 - 1:00 pm<br>Amanda   |   | BodyPump™<br>12:15 - 1:00 pm<br>Yvonne   |  |  |   |
| 1:00 pm  | Sport Yoga<br>1:00 - 1:45 pm<br>Cindy         |  | Sport Yoga<br>1:00 - 1:45 pm<br>Chris         |  |  |  | Zumba®<br>1:00 - 2:00 pm<br>Corey       |
| 2:00 pm  |   |  |   |  |  |  |   |
| 3:00 pm  |   |  |   |  |  |  |   |
| 4:00 pm  | Step It Up<br>4:30 - 5:10 pm<br>Alyssa        |  | Step It Up<br>4:30 - 5:10 pm<br>Alyssa        |  |  |  |   |
| 5:00 pm  | Tone Up<br>5:15 - 5:45 pm<br>Alyssa           | A B C's<br>5:10 - 5:50 pm<br>Chilly      | Rock Bottom<br>5:15 - 5:45 pm<br>Alyssa       | A B C's<br>5:10 - 5:50 pm<br>Jen M       |  |  |   |
| 6:00 pm  | Zumba®<br>6:00 - 6:45 pm<br>Andy              | Target Zone<br>6:00 - 6:45 pm<br>Susan   | Zumba®<br>6:00 - 6:45 pm<br>Corey             | Zumba®<br>6:00 - 6:45 pm<br>Kathryn      |  |  |   |
| 7:00 pm  | Kick Burn & Build<br>7:00 - 8:00 pm<br>Chilly | BodyPump™<br>7:00 - 8:00 pm<br>Naomi     | Kick Burn & Build<br>7:00 - 8:00 pm<br>Chilly | BodyPump™<br>7:00 - 8:00 pm<br>Sandy     |  |  |   |
| 8:00 pm  |   |  |   |  |  |  |   |
| 9:00 pm  |   |  |   |  |  |  |   |

Note: \$ symbol = Fee-Based Classes