

VILLAGE  FITNESS

**GROUP FITNESS**  
**CLASS SCHEDULE**

as of Oct 5, 2024

**MONDAY**

**8A SMALL GROUP**

Tommy

**9:00A TOTAL BODY**

Amy

**11:30A FLOW MOVEMENT**

Kyra

**5:30P ZUMBA**

Maggie

**TUESDAY**

**9:00A SPIN BIKE CLASS**

Joan/Kyra

**6:00P UPLIFT**

Amy

**NEW!**

**WEDNESDAY**

**8A SMALL GROUP**

Tommy

**9:00A TOTAL BODY**

Amy

**5:30P FIT TO FIGHT**

Troy

**THURSDAY**

**9:00A SPIN BIKE CLASS**

Joan/Kyra

**10:30A STRETCHING**

Drew

**6P AFRICAN DANCE**

Kyra

**NEW!**

**FRIDAY**

**8A SMALL GROUP**

Tommy

**9:00A SILVER SHOES**

Tommy

**SATURDAY**

**9:00A PRIMAL MOVEMENTS**

Drew

**10:30A STRETCH**

Drew