

# GROUP FITNESS CLASS SCHEDULE

as of January 16, 2025



## MONDAY

### 8A SMALL GROUP

Tommy

### 9:00A SHINE & UPLIFT

Amy

### 11:30A FLOW MOVEMENT

Kyra

### 5:30P ZUMBA

Maggie

### 6:30P UPLIFT STRENGTH & FITNESS

Amy



## TUESDAY

### 9:00A SPIN BIKE CLASS

Joan

### 6:15P UPLIFT STRENGTH & FITNESS

Amy

## WEDNESDAY

### 8A SMALL GROUP

Tommy

### 9:00A SHINE & UPLIFT

Amy

### 5:30P FIT TO FIGHT

Troy

## THURSDAY

### 9:00A SPIN BIKE CLASS

Joan

### 10:30A STRETCHING

Drew

### 6P AFRICAN DANCE

Kyra

## FRIDAY

### 8A SMALL GROUP

Tommy

### 9:00A SILVER SHOES

Tommy

## SATURDAY

### 9A PRIMAL MOVEMENTS

Tommy

### 10:30A STRETCHING

Tommy