

AUGUST 14-31 GROUP EXERCISE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6:15 AM

Move It(C)/Kayla

Boot Camp(B)/
Jason

Move It(C)/Kayla

Boot Camp(B)/
Jason

Battle Fit(C)/
Jason

10:00 AM

BodyPump(B)/
Stephanie

BodyPump(B)/
Megan

11:00 AM

BodyAttack(B)/
Megan

12:00 PM

**Synergy Circuit
(UpperFitness)/Kalya

4:45 PM

CXWORX(B)/Jen
Mac

5:30 PM

RM A

Zumba/Zoe

Power Yoga/Ryan
W.

Spinning/Scott

Zumba Strong/
Kevin

Spinning(C)/Ryan
Wal.

RM B

BOSU/Jen Mac

BodyPump/Kylie

BodyAttack/
Megan

BodyPump/Kylie

RM C

BattleFit/Jason

6:40 PM

RM A

Spinning/Scott

Spinning/Melissa

Spinning/Rohit

Zumba/Abby

RM B

BodyPump/
Jaclyn

Zumba/Zoe

BOSU/Jen Mac

BodyPump/Jaclyn

RM C

Battle Fit/Sam

Battle Fit/Jason

Battle Fit/Sam

7:50 PM

RM A

Zumba/Heather

Zumba/Heather

Zumba/Heather

Power Yoga/Ryan
W.

RM B

BodyFlow/Kylie

BodyPump/
Megan

BodyFlow/Kylie

BodyPump/
Megan

RM C

Move It/Michaela

Move It/Michaela

**Synergy Circuit begins August 23rd

LES MILLS LAUNCH!

August 19th | Room B | 9:15 - 11:45 a.m.

Mountaineer Spin Party!

August 18th | Room A | 5:30 p.m.