



Fitness Class Schedule ~ Open to Noon ~ SUMMER (starts June 1st)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	Cycle Spin Dawn Thompson - Studio C	LM - BODYCOMBAT Kim Ferguson - Studio B	Cycle Spin Dawn Thompson - Studio C	LM - BODYPUMP Kim Ferguson - Studio B		
6:15 AM	Fit B4 Work Peggy Karkula - Studio A		Fit B4 Work Peggy Karkula - Studio A			
8:00 AM		Body Strength Deanna Legan - Kensington		Body Strength Deanna Legan - Studio A	LM - RPM Karyn Kasper - Studio C	Bootcamp Julie Spadafora - Gym Cycle Spin Laura Smith - Studio C
8:15 AM		Golden Age Yoga Janet Fender - Studio A			Golden Age Yoga Janet Fender - Studio A	
8:30 AM			Cycle Spin Laura Smith - Studio C			
9:00 AM	Better Class Bar None Jill Zezulka - Kensington	Cardio Step Blast Jill Zezulka - Gym	Weights On Wed Jill Zezulka - Kensington Cardio Box Gina Lietza - Gym	Step N Strength Jill Zezulka - Gym		
9:15 AM	Pilates Deanna Legan - Studio A LM - BODYPUMP Nicole Seidler - Studio B	Butts & Guts Julie Spadafora - Kensington Zumba Nicole Seidler - Studio B	LM - BODYFLOW Deanna Legan - Studio A LM - BODYPUMP Nicole Seidler - Studio B	Body Strength Deanna Legan - Studio A	Adv Cardio Strength Julie Spadafora - Gym LM - BODYPUMP Nicole Seidler - Studio B	Zumba Nicole Seidler - Studio A Weekend Workout Rima Black - Kensington LM - BODYFLOW Julie Spadafora - Studio B LM - RPM Karyn Kasper - Studio C
10:15 AM		Yoga Janet Fender - Studio A		Yoga Janet Fender - Kensington		
Noon		LM - BODYPUMP Selina Laurendi - Studio B	LM - BODYFLOW Selina Laurendi - Studio B	LM - BODYPUMP Selina Laurendi - Studio B		

**Classes in Pink Denote Specialty Classes and are not part of the Core-Fit Membership.

Fitness Class Schedule ~ 4 p.m. to Close ~ SUMMER (starts June 1st)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 PM		Cycle Spin Dawn Thompson - Studio C Body Sculpt Sharon Camp - Studio B		Cycle Spin Dawn Thomson - Studio C		
6:30 PM	Body Flex Yoga Rose Miller - Studio A LM - BODYPUMP Karyn Kasper - Studio B		Body Flex Yoga Rose Miller - Studio A	LM - BODYPUMP Karyn Kasper - Studio B		
7:15 PM		Pilates Deanna Legan - Studio A	LM - BODYFLOW Nicole Seidler - Studio B 40 Min Blast Peggy Karkula - Kensington	Zumba Nicole Seidler - Kensington LM - BODYFLOW Deanna Legan - Studio A		
8:00 PM	Total Body Susan Trick - Studio A			Total Body Susan Trick - Studio B		

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