



Group X Fitness Class Schedule ~ Open to Noon

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



Group X Fitness Class Schedule ~ 4 p.m. to Close

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 PM	Cardio strength Julie Spadafora - Kensington	Cycle Spin Dawn Thompson - Studio C	Cardio strength Julie Spadafora - Kensington	Cycle Spin Dawn Thompson - 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		
	Body Sculpt Sharon Camp - Studio B		Body Sculpt Sharon Camp - Studio B			
	LM - RPM Karyn Kasper - Studio C		Cycle Spin Laura Smith - Studio C			
7:15 PM		Zumba Nicole Seidler - Kensington		Zumba Nicole Seidler - Kensington		
		Pilates Deanna Legan - Studio A		Pilates Deanna Legan - Studio A		
7:45 PM	40 Min Blast Peggy Karkula - Studio B		40 Min Blast Peggy Karkula - Studio B			
8:00 PM	Total Body Susan Trick - Studio A			Total Body Susan Trick - Studio B		

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