



SUMMER I & II GROUP EXERCISE SCHEDULE

PLEASE REGISTER AT THE FRONT DESK FOR
ALL GROUP EXERCISE CLASSES!

MONDAY

5am: Early Bird Challenge
6am: Challenge
9am: Total Body Fix
9am: Fit 4 Life
10am: Add. 30min Flow

12:15pm: Lunchtime
Express
(Location: Saurwein)

5:30pm: Circuit Grind
6:45pm: HIIT Drumming

TUESDAY

5am: Early Bird Challenge
8am: Deep Water Fitness
9am: Core N More
9:15am: Have A Seat
9:15am: Gentle Lift
10am: Power Cycle
10am: CardioTone

12:15pm: Power Cycle
(Location: Saurwein)

6:45m: R.I.P.P.E.D

WEDNESDAY

5am: Early Bird Challenge
6am: Challenge
8am: Deep Water Fitness
9am: Total Body Fix
9am: Fit 4 Life

12:15pm: Lunchtime
Express
(Location: Saurwein)

5:30pm: Circuit Grind

THURSDAY

9:15am: Have A Seat
9:15am: Gentle Lift
10am: Cardio-Kickbox
Circuit

12:15pm: Power Cycle
(Location: Saurwein)

5:30pm: CardioTone
6:45pm: Strike and
Strengthen

FRIDAY

5am: Early Bird Challenge
9am: Total Body Fix
9am: Fit 4 Life
10am: Add. 30 min Flow
10am: Power Cycle
10am: Pietra Fitness*

All classes marked
with a * require
registration and
have a small fee
attached.