

Group Fitness Schedule 2023

Center for Fitness and Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am Cardio Stabilization Angel (Room 2)		5:45am Cardio Sculpt Kristy (Room 2)		5:45am Interval Strength Kristy (Room 2)	
8:00am Spin & Sculpt Kelly (Room 2)		8:30am Spin Lisa (Room 1)				8:00am Spin Lisa (Room 2)
9:00am Butts & Guts Kelly (Room 2)	8:30am Power Core Kristy (Room 2)	8:30am Turbo Step Kristy (Room 2)	8:30am Boot Camp Kristy (Room 2)	8:30am Spin Mix Kristy (Room 2)	8:30am Step Kristy (Room 2)	9:00am Boot Camp Eron (Room 2)
	9:30am Hiit Kristy (Room 2)	9:30am Boxing Fusion Kristy (Room 2)	9:30am Express Circuit Kristy (Room 2)	9:30am Power Core Kristy (Room 2)	9:30am Interval Strength Kristy (Room 2)	9:30am Tabata Sculpt Kristin (Room 1)
	9:30am Active Stretch Gene (Room 1)		10:00am Stretch Fusion Kristy (Room 2)	9:30am Active Stretch Gene (Room 1)		
	10:30am Sit & Strength Dana (Room 1)	10:30am Active Strength & Cardio Dana (Room 1)	10:30am Sit, Strength, Stretch Dana (Room 1)	10:30am Walking Fitness Kristy (Room 2)	10:30am Barre Fusion Kristy (Room 1)	
	10:30am Power Core Kelly (Room 2)	10:30am Strength Intervals Kelly (Room 2)				
	5:30pm Spin Leigh (Room 1)	5:15pm Body Sculpt Mary Ann (Room 1)	5:15pm Step Mary Ann (Room 2)			
	6:00pm Hip Hop Dance Melanie (Room 2)	6:00pm Full Body Blast Eron (Room 2)	6:00pm Cardio Sculpt Eron (Room 2)	6:00pm Spin Mix Sam (Room 2)		
	6:30pm Yoga Fit Melissa (Room 1)					