







# GROUP FIT SCHEDULE - WINTER 2025

EFFECTIVE FEBRUARY 3, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45-8:30am  Lou	5:10-6:00am  Lou	7:45-8:15am  Patti	5:30-6:00am <b>CARDIO KICKBOXING</b> Annie	8:00-9:00am  Patti	7:15-7:45am  YOGA Lynn	8:00-9:00am  ACTIVE Scott
9:15-10:15am  ZUMBA Ledys	7:00-7:45am <b>CARDIO KICKBOXING</b> Annie	8:30-9:15am <b>CORE AND MORE</b> Patti	7:45-8:30am  Lou	9:15-10:00am <b>CORE AND MORE</b> Patti	8:00-9:00am  XPOWER Lynn	9:00-10:00am  Patti
10:15-11:15am  YOGA Gabbie	9:15-10:15am  XPOWER Alisha	9:15-10:15am  FIGHT Alisha	8:00-9:00am  Classic Candy	10:15-11:15am  ACTIVE Candy	9:15-10:00am  Lynn	9:00-10:00am  BLAST Nikki
5:00-6:00pm  FIGHT Nikki/Joe	10:30am-11:15am <b>CORE AND MORE</b> Kristie	11:15am-12:15pm  ZUMBA Ledys	9:15-10:15am  XPOWER Candy	11:30am-12:30pm  Classic Ledys	9:00-10:00am  FIGHT / KICKBOX Rotation	10:00-11:00am  XPOWER Gina
6:00-7:00pm  CENTERGY Scott/Lynn	11:30am-12:30pm  Classic Kristie	4:45-5:15pm <b>CORE AND MORE</b> Sarah	10:15-11:15am  CENTERGY Maggie	5:00-6:00pm  YOGA Helen	10:00-11:00am  CENTERGY Scott	11:10am-12:10pm  MIND BODY ROTATION Mind Body Team
	5:30-6:30pm  Kathy K.	5:30-6:30pm  ZUMBA Liz	11:15am-12:15pm  ZUMBA Ledys		11:00am-12:00pm  ZUMBA Gina	
	5:30-6:30pm  XPOWER Nikki/Joe	5:30-6:30pm  Sarah	4:45-5:30pm  YOGA Lynn			
	6:30-7:30pm  BLAST Scott	6:30-7:30pm  YOGA Alex	5:30-6:30pm  Kathy K.			
			5:45-6:45pm  XPOWER Nikki/Joe			

