



# GroupFITNESS Schedule

Performance Studio  
(March)

All classes are included with a membership (FRESH BLUE), Fee-Based class is \$5 for members | \$10 for non-members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cycling   Core 6:15 AM (45)	Functional Fitness 6:15 AM (45)		Barbell /Cardio Intervals 6:15 AM (45)		
	Silver Sneakers BOOM MUSCLE 8:00 AM (45)	Dance Fit 8:00 AM (45)		SilverSneaker BOOM MUSCLE 8:00 AM (45)	Cycling   Strength 8:00 AM (45)	
Tai Chi 9:00 AM (60)	W.O.W Specialty Class		Power Sculpt 9:00 AM (50) FEE- BASED CLASS		Total Body Conditioning 9:00 AM (45)	POUND 9:00 AM (50)
Gentle Yoga 10:00 AM (45)		Barbell Strength 10:00 AM (45)			Yoga 10:00 AM (45)	
Barre Fusion 11:00 AM (45)		Gentle Yoga 11:00 AM (45)	SilverSneakers Classic 11:00 AM (45)		Power Sculpt 11:00 AM (50) FEE- BASED CLASS	
Functional Fitness 12:00 PM (45)	SilverSneakers Classic 12:00 PM (45)	Total Body Conditioning 12:00 PM (45)		Hatha Yoga 12:00 PM (45)		
				Toned Up/Pilates 1:00 PM (45)		
Vin & Yin Yoga 4:30 PM (45)	Simply Strength 4:30 PM (45)	Yin Yoga 4:30 PM (45)	Zumba® Gold 4:30 PM (45)			Yoga 3:45 PM (45)
Cardio/Strength Intervals 5:30 PM (45)	Barebell Strength 5:30 PM (45)	Simply Strength 5:30 PM (45)	Functional Fitness 5:30 PM (45)			Zumba® 5:00 PM (45)
	Yoga 6:45 PM (45)	Zumba® 6:30 PM (45)	Gentle Yoga 6:45 PM (45)			