

FEBRUARY

— CLASS SCHEDULE —

MONDAY

5:30 am	● Spinning	Jamie
8:45 am	●● Cardio Barre	Sherry
8:45 am	●● Cardio & Weights	Di
11:30 am	● Indo-Row	Paul
5:30 pm	● Yoga	Nicole
5:30 pm	● Kettlebells	Jessica
5:30 pm	● Spinning	Anne
6:30 pm	●● Shred N' 6 (pd)	Jessica
6:30 pm	● Total Body Burn	Kerri
6:30 pm	*Nutrition Talk	Greg

TUESDAY

5:45 am	●● Row & Weights	Gina
9:00 am	● Yoga	Christine
9:00 am	●● Circuit Breaker	Dawn
10:30 am	●● Prime Time	Mike
10:30 am	● Veterans Row	Gina
4:30 pm	● Group Train	Alison
5:15 pm	●● Barre N' Bounce	Sherry
5:30 pm	●● Core & Balance	Di
6:15 pm	**Performance Physical Therapy Workshop	Mark C.
6:30 pm	● Shred N' 6 (pd)	Mike

WEDNESDAY

5:30 am	● Spinning	Jamie
9:00 am	●● Pilates Sculpt	Sherry
4:30 pm	● Group Train	Di
4:30 pm	●● Mobility and Stretch	Mark C.
5:30 pm	●● Cardio Sculpt	Kerri
5:30 pm	●● Shred N' 6 (pd)	Jessica
6:00 - 6:30 pm	●● Jillian Michael's Body Shred	Sara
5:30 pm	● Indo-Row	Gina
6:30 pm	●● Shred N' 6 (pd)	Jessica
6:30 pm	●● PiYo	Kerri

THURSDAY

5:30 am	●● Shred N' 6 (pd)	Mike
5:45 am	●● Row & Weights	Gina
9:00 am	●● Urban Rebounding	Sherry
11:30 am	● Indo-Row	Paul
12:30 - 1 pm	● Yoga	Christine
4:30 - 5:00 pm	●● Jillian Michael's Body Shred	Sara
5:30 pm	●● Obstacle Course Boot Camp	Mike
5:30 pm	● Spinning	Kendra
6:30 pm	●● Shred N' 6 (pd)	Mike
7:00 pm	● Zumba (Open to non-members - donations benefit Warren Animal Shelter)	Jessica

FRIDAY

8:45 am	●● Cardio Kick & TRX	Di
9:00 am	●● Cardio Barre	Sherry

SATURDAY

7:30 am	● Beach Body	Ali B
8:00 am	●● Step & Weights	Kerri
8:00 am	● Spinning	Kim
8:30 am	●● TRX	Di
9:30 am	●● Shred N' 6 (pd)	Jessica
9:30 am	● Learn to Spin (last Sat. of month)	Dom
11:00 am	● Learn to Row (first Sat. of month)	Paul

SUNDAY

8:00 am	● Spinning	Dom
8:30 am	●● Kettlebells	Jessica
10:00 am	●● Interval Inferno (pd)	Kayla

● Strength

● Stretch

● Cardio

- Spinning, TRXtra, Indo-Row, & Urban Rebounding classes require 24 hour sign up
- Specialty classes are paid classes (Pd)
- Classes will be canceled if less than 3 people attend

CLUB HOURS
 Mon - Thur 5:00 am - 9:30 pm
 Fri 5:00 am - 8:30 pm
 Saturday 7:00 am - 5:00 pm
 Sunday 7:00 am - 3:00 pm

NUTRITION TALKS:
 Proper Portion Control
 Monday, February 26, 2018
PHYSICAL THERAPY WORKSHOPS
 Return to the Road: Runner's Series
 Part 2: Knee Pain & Management
 Tuesday, February 27th @ 6:15pm

