



Fit Revolution • Fall Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|----------------------------|--|---|---|--|---|---------------------------------------|
| 5:15 AM | | Fit Strength - Kim M. Fit Tread/Row - Michelle Fit Ride - Kara | Fit Cross- Michelle Fit Ride - Wilston | Fit Strength - Kerri Muscle Blast - Joel Fit HIIT Ride - Lisa | Fit Cross - Julie Fit Ride - Michelle | Muscle Blast - Joel Fit Ride - Wilston Tabata - Lyndsay | |
| 5:30AM | | | | 5:15 Fit on The Run - Julie | | | |
| 6:15 AM | | Fit Strength - Lyndsay Open Gym on Turf | Fit Cross - Michelle | Spin Express - Michelle Fit Box & Conditioning - Joel | Fit Cross - Michelle | Fit Row - Jill | Fit on the Run - Julie |
| 6:30 AM | | | | | | | Fit Ride - Michelle |
| 7:00AM | | Open Gym (8:30-10:30) | Open Gym (8:30-10:30) | Open Gym (8:30-10:30) | Open Gym (8:30-10:30) | Open Gym (8:30-10:30) | |
| 7:30 AM | | | | | | | Fit Cross - Michelle Tabata - Toni |
| 8:00AM | Fit Tread - Lisa | | | | | | Fit Ride - Wilston |
| 8:30AM | | Fit Ride & Core - Lisa Murphy | Fit Ride & Strength - Lisa | Fit Strength - Kim | Fit Row - Lisa | Fit Strength - Michelle | |
| 8:45am | | | | | | | |
| 9:00 AM | Super Sweat - Kim D./Kerri | | | | Super Sweat - Kim D. | | |
| 9:15AM | | | Fit Cross - Michelle Cardio Kick & Sculpt - Toni | | Cardio Kick & Sculpt - Toni | | |
| 9:30AM | | Fit Box & Conditioning - Toni Fit Ride - Dina | | Fit Tread - Toni Fit Ride - Kim | | Fit Tread - Michelle Fit Ride - Kerri | |
| | | | | | | | |
| 6:00 PM | | | Fit Ride - Kara | Fit Ride - Wilston | | | |
| 6:15 PM | | Fit Ride & Strength - Michelle/Kristen | | Fit Cross - Michelle | Fit Strength - Lyndsay | | |

Open Gym for Monthly Members

Classes in the Cycling Studio

Classes on the Turf or in the Aerobics Room

*Specialty Classes, registration required