



## Fit Revolution • Winter Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Fit Strength - Michelle Fit Row - Lisa C. Fit Ride - Kim	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		Fit on The Run - Julie		5:15 Fit on The Run - Julie			
6:15 AM		Fit Strength - Lisa M.	Fit Cross - Michelle	Fit Box & Conditioning - Joel	Fit Cross - Michelle	Fit Row - Michelle	Fit on the Run - Julie
6:30 AM							Fit Ride - Michelle
7:00AM	Fitness Yoga - Colleen	Open Gym (7-9)	Open Gym (7-9)	Open Gym (7-9)	Open Gym (7-9)	Open Gym (7-9)	
7:30 AM							Fit Cross - Michelle (7:45) Fit Ride - Wilston
8:00AM	Fit Ride - Kara Fit Tread - Lisa M.						Tabata - Toni
8:30am		Fit Core - Lisa	Fit Ride & Strength - Lisa	Fit Strength - Kim	Fit Row - Lisa	Fit Strength - Michelle	Open Gym (8:30 - 10:30)
8:45am	Open Gym (9:00-11:00)						
9:00 AM	Fit Ride & Kettle - Kerri/Kim				Fit Ride & Kettle - Kim	Tabata - Lisa M.	
9:15 AM			Fit Cross - Michelle				
9:30 AM		Fit HIIT Ride/ Fit Ride - Lisa & Michelle Fit Box & Conditioning -	Cardio Kick & Sculpt - Toni	Fit Ride - Kim Fit Tread - Toni	Cardio Kick & Sculpt - Toni	Fit Ride - Kerri/Michelle Fit Tread - Kerri / Michelle	
10:30AM		Open Gym (10:30 - 12:00)	Open Gym (10:30 - 12:00)	Open Gym (10:30 - 12:00)	Open Gym (10:30 - 12:00)	Open Gym (10:30 - 12:00)	*Sports Zone Fun for Kids (10:30 - 12:30)
4:00PM			*Strength & Conditioning -	* Kids Spin - Michelle			
5:00PM			Open Gym (5:30 - 8:00pm)		Open Gym (5:30 - 8:00pm)		
6:00 PM				Fit Ride - Wilston	Tabata - Ed		
6:15 PM			Fit Ride - Kara	Fit Cross - Michelle			
6:30 PM		Cardio Kickboxing - Toni Fit Ride & Strength - Ed		7:15 Fit on the Run			
7:00pm					Fitness Yoga - Katie		

### Open Gym for Monthly Members

Classes in the Cycling Studio

Classes on the Turf or in the Aerobics Room

\*Specialty Classes, registration required