



Fit Revolution • May 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				5:15 Fit on The Run - Julie			
6:15 AM		Fit Strength - Lyndsay	Fit Cross - Michelle	Fit Box & Conditioning - Joel	Fit Cross - Michelle	Fit Row - Michelle	Fit on the Run - Julie Fit Ride - Michelle
6:30 AM							
7:00AM		Open Gym (8:30-11)	Open Gym (8:30-11)	Open Gym (8:30-11)	Open Gym (8:30-11)	Open Gym (8:30-11)	7:15am Fit Cross - Michelle
7:30 AM							Fit Ride - Wilston Tabata - Toni
8:00AM	Fit Tread - Lisa M.						
8:30am		Fit Core - Lisa	Fit Ride & Strength - Lisa	Fit Strength - Kim	Fit Row - Lisa	Fit Strength - Michelle	
8:45am							
9:00 AM	Fit Ride & Kettle - Kerri/Kim						
9:15 AM			Fit Cross - Michelle				
9:30 AM		Fit Ride - Michelle Fit Box & Conditioning - Toni	Cardio Kick & Sculpt - Toni	Fit Ride - Kim Fit Tread - Toni	Cardio Kick & Sculpt - Toni	Fit Ride - Kerri Friday Tread & Shred - Toni & Michelle	
10:30AM							*Sports Zone Fun for Kids (10:30 - 12:30)
4:00PM							
6:00 PM				Fit Ride - Wilston			
6:15 PM			Fit Ride - Kara	Fit Cross - Michelle	Fit Strength - Lyndsay		
6:30 PM		Fit Ride & Strength - Michelle					
7:00pm							

Open Gym for Monthly Members

Classes in the Cycling Studio

Classes on the Turf or in the Aerobics Room

*Specialty Classes, registration required