



## Fit Revolution • Summer Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	Every Sunday we will have a different offering so please check out our schedule weekly!	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		6:00am Outdoor Bootcamp - Michelle	
6:15 AM		Fit Strength - Lyndsay	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 (8:00-10:30)	Open Gym (8:00-10:30)	Open Gym (8:00-10:30)	Open Gym (8:00-10:30)	Open Gym (8:00-10:30)	
7:30 AM		(7:15) Fit Cross - Michelle		(7:15) Fit Cross - Michelle			Fit Cross - Michelle Tabata - Toni
8:00AM							Fit Ride - Wilston
8:00AM		Fit Core - Lisa	Fit Ride & Strength - Lisa	Fit Strength - Kim	Fit Row - Lisa	Fit Strength - Michelle	
8:45am							
9:00 AM			(9:15) Kids Spin - Kara	Spin Express - Kim	(9:15) Kids Conditioning - Jill		
9:15AM		Fit Ride - Kara Fit Box & Conditioning - Toni	Fit Cross - Michelle Cardio Kick & Sculpt - Toni	Fit Tread - Toni	Cardio Kick & Sculpt - Toni	Fit Ride - Kerri Fit Tread - Michelle	
10:30AM							
6:00 PM			Fit Ride - Kara	Fit Ride - Wilston			
6:15 PM		Fit Ride & Strength - Michelle		Fit Cross - Michelle	Fit Strength - Lyndsay		
6:30 PM							

### Open Gym for Monthly Members

Classes in the Cycling Studio

Classes on the Turf or in the Aerobics Room

\*Specialty Classes, registration required