

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Weekly Group Fitness Class Schedule

2:00-3:00 p.m.	Hi/Low Option Aerobics Room April
3:00-3:30 p.m.	Body Sculpt Aerobics Room April

5:15-6:15 a.m.	ACTion Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Kim
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Jean
9-10 a.m.	Steppin' Up Aerobics Room April
9-10 a.m.	Total Body Blitz Gym Libby
10-10:50 a.m.	Silver Sneakers: Cardio Fit Gym Crystal
10:15-11:15 a.m.	Low Impact Dance Aerobics Aerobics Room Suzy
11-11:50 a.m.	Silver Sneakers: Classic Gym Crystal
11:30 - 12:30 p.m.	Total Body Toning Aerobics Room Suzy
12-1 p.m.	Fitness Fusion Gym West Crystal
1-2 p.m.	Core Strength Pilates Aerobics Room Leslie
5:30-6:30 p.m.	Group Cycling** Spin Room Leah
6-7 p.m.	Step Interval Aerobics Room Suzy

5:15-6:15 a.m.	ACTion Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Kim
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Rhonda
9-9:50 a.m.	Dance/Aerobics Fusion Aerobics Room Kelly
9-10 a.m.	Body Blast Gym West Crystal
10-10:35 a.m.	Sculpt Express Aerobics Room Kelly
10-10:50 a.m.	Silver Sneakers: Classic Gym Suzy
10:45-11:20 a.m.	Restorative Yoga Comm. Room Marie
11-11:50 a.m.	Silver Sneakers: Cardio Fit Gym Suzy
11:30-12:15 p.m.	Hatha Yoga Comm. Room Lexus
12-1 p.m.	Bike and Burn** Spin Room Suzy
12-1 p.m.	Fitness Fusion Gym West Crystal
5-6 p.m.	Open Cycling** Spin Room
6-7 p.m.	Group Cycling** Spin Room Suzy
6-7 p.m.	Zumba ** Aerobics Room Jean

5:15-6:15 a.m.	ACTion Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Miste
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Kelly/Nancy
9-10 a.m.	Steppin' Up Aerobics Room April
9-10 a.m.	Total Body Blitz Gym Libby
10-10:50 a.m.	Silver Sneakers: Cardio Fit Gym Crystal
10:15-11:15 a.m.	Low Impact Dance Aerobics Aerobics Room Suzy
11-11:50 a.m.	Silver Sneakers: Classic Gym Crystal
11:30 - 12:30 p.m.	Total Body Toning Aerobics Room Suzy
12-1 p.m.	Fitness Fusion Gym West Crystal
1-2 p.m.	Core Strength Pilates Aerobics Room Leslie
5:30-6:30 p.m.	Group Cycling** Spin Room Miste
5:30 - 6:30 p.m.	Suspension Pro Fitness Gym (West) Pam
6:15-7:15p.m.	Buti Yoga Aerobics Room Rachel
6:30-7:15 p.m.	Intro to Group Cycling** Spin Room Miste

5:15-6:15 a.m.	ACTion Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Kim
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Jean
8:00-9:00 a.m.	Pilates- Comm. Room Pam
9-9:50 a.m.	Dance/Aerobics Fusion Aerobics Room Kelly
9-10 a.m.	Body Blast Gym West Crystal
10-10:35 a.m.	Sculpt Express Aerobics Room Kelly
10-10:50 a.m.	Silver Sneakers: Classic Gym Suzy
11-11:50 a.m.	Silver Sneakers: Cardio Fit Gym Suzy
11:30 12:15 p.m.	Gentle Yoga Comm. Room Lexus
12-1 p.m.	Bike and Burn** Spin Room Suzy
12 -1 p.m.	Fitness Fusion Gym West Crystal
5:30 - 6:30 p.m.	Open Cycling** Spin Room
6-7p.m.	Cardio Interval Aerobics Room Suzy

5:15-6:15 a.m.	ACTion Gym Kyla
5:30-6:15 a.m.	Group Cycling** Spin Room Miste
7:45-8:45 a.m.	Low Impact Aerobics Aerobics Room Rhonda
9-9:50 a.m.	Silver Sneakers: Boom Move Comm. Room Crystal
9-9:50 a.m.	Hi/Low Option Aerobics Room April
9-10 a.m.	Total Body Blitz Gym West Libby
9-10 a.m.	Open Cycling** Spin Room
10-10:35 a.m.	Tight & Tone Aerobics Room April
10-10:50 a.m.	Silver Sneakers: Cardio Fit Gym Crystal
11-11:50 a.m.	Silver Sneakers: Circuit Gym Nancy
10:45-11:20a.m	Restorative Yoga Comm. Room Marie

8-9 a.m.	Group Cycling** Spin Room Suzy
8:00 - 8:50 a.m.	Buti Yoga Aerobics Rm Rachel
9-9:50 a.m.	Dance/ Aerobics Fusion Aerobics Rm Kelly
9:15-10:15 a.m.	Group Cycling** Spin Room Suzy
10-10:45 a.m.	Sculpt Express Aerobics Rm Kelly

**** Denotes Extra Fee**



**2511 W. Republic Road
Springfield, Mo 65807
417-891-1616**

Effective: 11/18/19