

Genesis Health Clubs - Tri-State
555 Tennis Lane
Evansville, IN 47715



(812) 479-3111
genesishealthclubs.com
Group Exercise

Group Exercise Schedule February

Studio A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		BethB/Niki/Sydney		BethB/Niki/Sydney			
8:00am					Sydney		
8:30am	Sydney	BethB/Sydney	Niki	Sydney/BethB/Niki	Group Power X + Group Core Sydney/BethB	Stacy/Mallory	
9:30am	BethB	Kristen	Total Strength Carrie	Sydney		Total Strength Feb 3 rd & 17 th - Carrie Feb 10 th & 24 th BethB/Sydney	
1:00pm	MEN @ WORK Jesse	Silver Fit Niki/Kathy	MEN @ WORK Jesse & Silver Stretch Brooke	Silver Fit Sydney/Niki/Cutee	MEN @ WORK Jesse		
2:00pm							Tone & Sculpt Andrea
5:30pm	Stacy/Mallory	Group Power X + Group Core Sydney/BethB	Sydney	HIIT X Janet			

Cycling Schedule

Studio B

5:30am			Classic Jill				
8:30am		Cycle + Strength Carrie/Sydney		Cycle + Strength Carrie/Kristen		Classic Sydney/Carrie	
9:30am	Classic Kristen/Niki				Cycle + Stretch Kristen/Niki		
5:30pm	Classic Sydney						

Water Fitness Schedule

Pool

8:30am	Aqua Intervals Cutee/Niki		Water Zumba Kristen		H2O Circuits BethB/Niki/Cutee	9am Aqua Intervals Severin/Brittney/ Sydney/BethB	
1:00pm	Aqua Intervals BethB/Stacy		Pure Cardio Severin		H2O Circuits Stacy/Brittney		2pm H2O Circuits Cutee/Brittney
5:30pm		H2O Circuits Brittney		Aqua Intervals Severin			

