

Group Fitness Schedule

March 2017

SPRAGUE

(p)

Paige Zoz

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26 SUN	27 MON	28 TUE	29 WED	30 THU	31 FRI	1 SAT
8:15 AM - 9:10 AM G-Cycle Amber B.	5:15 AM - 6:10 AM Group Power Paige Z.	5:30 AM - 6:15 AM ATC Express Mikaela B.	5:30 AM - 6:15 AM G-Cycle Express Lisa G.	5:30 AM - 6:15 AM ATC Express Beth E.	5:30 AM - 6:15 AM G-Cycle Express Beth E.	8:15 AM - 9:10 AM G-Cycle Lisa G.
8:30 AM - 9:25 AM ATC Mikaela B.	5:30 AM - 6:15 AM G-Cycle Express Amber B.	5:30 AM - 6:15 AM G-Cycle Express Jackie H.	8:30 AM - 9:25 AM Cardio Kick Beth E.	8:30 AM - 9:25 AM Iron Works Phaedra W.	8:30 AM - 9:25 AM Group Power Beckie V.	8:30 AM - 9:25 AM Iron Works Amber B.
9:30 AM - 10:25 AM Zumba Elle S.	8:30 AM - 9:25 AM ATC Phaedra W.	8:30 AM - 9:25 AM Iron Works Beth E.	9:00 AM - 10:00 AM Water Exercise Phaedra W.	9:30 AM - 10:25 AM G-Cycle Trina S.	9:00 AM - 10:00 AM Water Exercise Phaedra W.	9:00 AM - 10:00 AM Water Exercise Tia S.
10:30 AM - 11:25 AM Group Power David R.	9:00 AM - 10:00 AM Water Exercise Jamie E.	9:30 AM - 10:25 AM Pilates Mat Jamie E.	9:30 AM - 10:25 AM ATC Jamie E.	10:30 AM - 11:25 AM Pilates Mat Trina S.	9:30 AM - 10:25 AM Yoga Jamie E.	9:30 AM - 10:25 AM G-Cycle Lindsay H.
4:30 PM - 5:30 PM Yoga Asel G.	9:30 AM - 10:25 AM Iron Works Lindsay H.	9:30 AM - 10:25 AM G-Cycle Beth E.	10:30 AM - 11:25 AM Yoga Jamie E.	5:30 PM - 6:25 PM Zumba Yvette G.	10:30 AM - 11:25 AM Silver Sneakers Jamie E.	9:30 AM - 10:25 AM Cardio Kick Carey S.
	10:30 AM - 11:25 AM Yoga Jamie E.	10:30 AM - 11:25 AM Silver Sneakers Jamie E.	12:15 PM - 1:00 PM G-Cycle Express Stacy L.	5:45 PM - 6:40 PM Aqua Zumba Cathleen S.	12:15 PM - 1:00 PM Group Power Stacy L.	10:30 AM - 11:25 AM MixedFit Lori S.
	4:30 PM - 5:25 PM Iron Works Amber B.	5:30 PM - 6:25 PM ATC Paige Z.	4:30 PM - 5:25 PM Group Power Stacy L.	6:30 PM - 7:30 PM Yoga Stacey B.		
	5:30 PM - 6:25 PM Zumba Yvette G.	5:30 PM - 6:30 PM G-Cycle Beckie V.	5:30 PM - 6:30 PM G-Cycle Rexann L.			
	5:30 PM - 6:25 PM G-Cycle Lindsay H.	5:45 PM - 6:40 PM Aqua Zumba Cathleen S.	5:30 PM - 6:25 PM Group Fight Carey S.			
	6:00 PM - 6:55 PM Water Exercise Evelyn B.	6:30 PM - 7:25 PM Zumba Yvette G.	6:00 PM - 6:55 PM Water Exercise Kimberly M.			
	6:30 PM - 7:25 PM Group Power Liza G.	7:30 PM - 8:30 PM Yoga Beth R.	6:30 PM - 7:25 PM Group Power David R.			
	7:30 PM - 8:25 PM MixedFit Marquita B.		7:30 PM - 8:25 PM MixedFit Marquita B.			