

Weekly Fitness Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10am SWEAT (HIIT) Mary Lou	9:15- 10am Barre+ Pilates (Barre & Pilates) Sue	9:15-10am SWEAT (HIIT) Mary Lou	9:15- 10am Barre+ Pilates (Barre & Pilates) Sue	9:15-10am Total Body Reset (Group Training) Suzi	9:00- 9:45am Strength & Cardio (Strength & Cardio) Trish
10am-11:00 Fit (Strength & Cardio) Carrie W	10:15-11:00am Intro to Aerial (Aerial Yoga) Karina	10am-11:00 Groove Fit (Dance/Fit) Carrie	10:15-11:00am Aerial Yoga (Aerial Yoga) Karina	10:15-11:15am Flex & Stretch (Hypervolt/Stretch) Mary Lou	10:15-11:15am Yin Meets Yang (Yoga) Amy
10:15-11am Flex & Stretch (Hypervolt/Stretch) Mary Lou		10:15-11am Flex & Stretch (Hypervolt/Stretch) Mary Lou			
11am-12:00 ReWork (Corrective Exercise) Carrie W	11am-12:00 Strong (Strength & Cardio) Carrie W	11am-12:00 ReWork (Corrective Exercise) Carrie W	11am-12:00 Fit (Strength & Cardio) Carrie W		
12:15-1pm Lunch Crunch (Strength & Cardio) Mary Lou	4:00-5:00 Flex & Stretch (Hypervolt/Stretch) Mary Lou	12:15-1pm Curls & Crunches (Strength & Cardio) Jen	12pm-1:00 ReWork (Corrective Exercise) Carrie W	12:15-1pm F-abs Friday (Strength & Stretch) Mary Lou	
	5pm-6:00 ReWork (Corrective Exercise) Carrie	3:30-4:15pm MB Fit Kidz Yoga (Kid's Yoga) Marci			Sunday
					10am-11:00 Strong (Strength & Cardio) Carrie W
5:30-6:15pm Sculpt (Strength & Cardio) Jen	6pm-7:00 GrooveFit (Dance/Fit) Carrie	5:30-6:30pm Aerial Fit (Aerial Conditioning) Taylor	5:30- 6:30pm Yin Meets Yang (Yoga) Amy		11am-12:00 ReWork (Corrective Exercise) Carrie W