

FMC Group Fitness Schedule

All Group Fitness Classes are FREE and part of your FMC Membership

3/10/2018

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Boot Camp Jennifer /Robin	Cardio & Core Robin	Boot Camp Jennifer /Robin		Boot Camp Jennifer /Robin	
8:00am	Cycle Michele (F304)	Pilates JoAnna (Dance Studio)	Cycle Michele (F304)	Core CYCLE JoAnna (Dance Studio)	Spin Power Hour Michele	Boot Camp Robin
	Yoga JoAnna (Dance Studio)					
8:15am	Low Impact Fitness LeaAnn	Beginner YOGA LeaAnn	Low Impact Fitness LeaAnn	Beginner YOGA LeaAnn		
8:30am					Core on the Floor LeaAnn (Dance Studio)	
9:00am						Yoga JoAnna
9:15am	Lift Like a Girl JoAnna	REFIT® Natalie (For Women Only)	Tone & Sculpt Morgan	Boot Camp Robin	Lift Like a Girl JoAnna	
	Barre Natalie (For Women Only) Dance Studio	Yoga FLOW Michelle (Dance Studio)	Core & More JoAnna (Dance Studio)	Barre Natalie (For Women Only) Dance Studio	Barre Natalie (For Women Only) Dance Studio	
	Power of 3 GYM Morgan	Beginner Cycle JoAnna-30 Min. (F304)				
10:00am						REFIT® Natalie (For Women Only)
10:15am	Tai Chi Alan	Age-Defy 5 LeaAnn	Tai Chi Alan	Age-Defy 5 LeaAnn		
		Gentle Stretch Lisa (Dance Studio)		Gentle Stretch Lisa (Dance Studio)		
		Boot Camp GYM Jennifer				
11:15am		Age-Defy 5 (PLUS) LeaAnn		Age-Defy 5 (PLUS) LeaAnn		
12:15pm		Lunch Time YOGA LeaAnn		Lunch Time YOGA LeaAnn		
5:00pm	Steppin' IT UP Angelea			Fitness Fiesta Angelea *30 MIN.*		
5:30pm		Circuit CHALLENGE Ashley	REFIT® Tammy (For Women Only)	Simply Step Angelea *30 MIN.*		
6:00pm	H.I.I.T. 30 Morgan *30 MIN.*			H.I.I.T. 30 Morgan *30 MIN.*		
6:30pm	REFIT® Tammy (For Women Only)	Yoga JoAnna		Yoga JoAnna		
	CYCLE-45 Min. JoAnna (F304)					

All classes are one hour long and in GROUP FITNESS room except where noted.

Must Be 12 Years Old to Participate.