

# Group Fitness Schedule

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

3/20/2023

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	<b>Boot Camp</b> Esteban <b>GYM</b>		<b>Boot Camp</b> Esteban <b>GYM</b>		<b>Boot Camp</b> Esteban <b>GYM</b>	
8:15am	<b>Low Impact Fitness</b> Sonnet <b>GYM</b>	<b>Core &amp; More</b> JoAnna-45 Min.	<b>Low Impact Fitness</b> Sonnet <b>GYM</b>	<b>Core &amp; More</b> JoAnna-45 Min.	<b>Low Impact Fitness</b> Sonnet <b>GYM</b>	
	<b>FLOW</b> JoAnna				<b>Cycle</b> Jill-45 Min.	
9:00am						<b>FLOW</b> JoAnna
9:15am	<b>Power &amp; Strength</b> Sonnet <b>GYM</b>	<b>Cycle</b> JoAnna-45 Min.	<b>Power &amp; Strength</b> Sonnet <b>GYM</b>	<b>Cycle</b> JoAnna-45 Min.	<b>Boot Camp</b> Robin <b>GYM</b>	<b>REV+FLOW</b> by <b>REFIT®</b> Tammy <b>Dance Studio</b> (Women Only)
	<b>Lift Like a Girl</b> JoAnna	<b>On the MOVE</b> w/Bridget-45 Min. <b>Dance Studio</b>		<b>On the MOVE</b> w/Bridget-45 Min. <b>Dance Studio</b>	<b>Lift Like a Girl</b> JoAnna	
9:45am		<b>Tai Chi</b> Alan <b>GYM</b> - 45 Min.		<b>Tai Chi</b> Alan <b>GYM</b> - 45 Min.		
10:15am		<b>Age-Defy 5</b> Leslie <b>ZOOM</b> Option Available		<b>Age-Defy 5</b> Jill <b>ZOOM</b> Option Available		
		<b>Gentle Stretch</b> Bridget <b>Dance Studio</b>		<b>Gentle Stretch</b> Bridget <b>Dance Studio</b>		<b>REFIT®</b> Tammy (Women Only)
		<b>Boot Camp</b> Jennifer <b>GYM</b>				
11:15am		<b>FIT and Active</b> Leslie		<b>FIT and Active</b> Jill		
12:15pm		<b>FLOW</b> Toni		<b>FLOW</b> Toni		
4:45pm	<b>FULL Body Burn</b> Brittney		<b>FULL Body Burn</b> Brittney			
5:00pm		<b>Circuit Challenge</b> Bridget				
6:00pm	<b>REFIT®</b> Tammy (Women Only)	<b>FLOW</b> JoAnna	<b>REFIT®</b> Tammy (Women Only)			

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

**Must Be 12 Years Old to Participate.**