

Group Fitness Schedule

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

5/29/2023

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

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

Must Be 12 Years Old to Participate.