

Group Fitness Schedule

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

3/1/2024

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Boot Camp Esteban GYM		Boot Camp Esteban GYM		Boot Camp Esteban GYM	
8:15am	TOTAL Body Sonnet GYM	Core Strength & Tone JoAnna-45 Min.	TOTAL Body Sonnet GYM	Core Strength & Tone JoAnna-45 Min.	CIRCUIT Blast 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	
		Boot Camp Jennifer GYM				
9:30am		Tai Chi Alan GYM		Tai Chi Alan GYM		
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)
11:15am		FIT and Active Leslie		FIT and Active Jill		
12:15pm		FLOW Toni		FLOW Toni		
4:45pm	FULL Body Burn Esteban		FULL Body Burn Esteban			
5:00pm		BARRE Alex-45 Min. Dance Studio				
6:00pm	REFIT® Tammy (Women Only)	FLOW Terri	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.