






LAND GROUP FITNESS

SEPTEMBER-OCTOBER-NOVEMBER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	FIT X (45 MIN.) MEGAN	POWER UP (45 MIN.) BRANDI	FIT X (45 MIN.) JENNY C.	PURE STRENGTH (45 MIN.) MICHELLE	STRENGTH & STRETCH (45 MIN.) JUDY		
8:30 AM	CARDIO BLAST (45 MIN.) LORIE BOOT CAMP CYCLE (45 MIN.) AMBER	 ZUMBA (45 MIN.) JENNIFER CYCLE (45 MIN.) KRISTIN	POWER UP (45 MIN.) BRANDI BOOT CAMP CYCLE (45 MIN.) AMBER	HIIT (45 MIN.) MALEAH CYCLE (45 MIN.) MARY ELLEN	CARDIO KICK (45 MIN.) JILL Y-FIT (45 MIN.) LEAH (MP ROOM)	(8:15 AM) LesMILLS BODYPUMP (60 MIN.) FAITH	
9:20 AM	LesMILLS BODYPUMP (60 MIN.) MARY ELLEN	LesMILLS BODYPUMP (60 MIN.) KRISTIN BARRE LITE (45 MIN.) ASHLEY (MP ROOM)	C-R-C (45 MIN.) KRISTIN	BARRE (45 MIN.) ASHLEY	C-R-C (45 MIN.) KRISTIN	(9:30 AM)  ZUMBA (60 MIN.) JENNIFER	
10:30 AM	SILVER FIT (45 MIN.) KRISTIN		SILVER FIT (45 MIN.) MARSHA	CHAIR YOGA (45 MIN.) KASSANDRA	SILVER FIT (45 MIN.) JENNIFER		
11:30 AM				CANCER RECOVERY FITNESS (45 MIN.) MARSHA			(2:00 PM) POUND FIT (45 MIN.) DENISE
4:15 PM		FIT X (45 MIN.) JUDY		FIT X (45 MIN.) JUDY			(3:00 PM) GENTLE YOGA (60 MIN.) DENISE
5:20 PM	LesMILLS BODYPUMP (60 MIN.) FAITH	KICK FIT (60 MIN.) DARLA	LesMILLS BODYPUMP (60 MIN.) DARLA	 ZUMBA (60 MIN.) JENNIFER			
5:30 PM MP ROOM	PILATES (60 MIN.) SONDRA	BARRE (45 MIN.) ASHLEY		GENTLE YOGA (60 MIN.) DENISE			
6:30 PM		DANCE BLAST (60 MIN.) KIM					

CLASS FORMAT KEY

RED - CARDIO

PURPLE - STRENGTH

BLUE - MIND/BODY

GREEN - SPECIALTY MIX