

River Valley Group Fitness Schedule - Summer 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:45am Water Aerobics Angelina	5:20-6:20am Spinning Marnie	5:30-6:30am Cardio Circuit Marnie	5:20-6:20am Core Cycle Paula L.	5:20-6:20am Spinning Marnie		
8:30-9:15am Step & Sculpt Sue		8:00-8:45am Water Aerobics Jean		5:20-6:00am Sculpt & Strength Briana		8:00-9:00am Inter/Step Marnie
8:50-9:35am Power Water Angelina		8:50-9:35am Power Water Sue	8:30-9:15am Water Aerobics Angelina		8:00-9:00am PiYO Kim/Kristen	9:00-10:00am Spinning Heather
9:15-10:00am Cycle Circuit Brenda	8:15-9:10am Cardio Circuit Kim	8:30-9:15am Strength Yoga Fusion/ Christi	8:15-9:05am Sculpt & Strength Kim	8:30-9:10am Kick 'N Groove Christi	8:00-9:00am Spinning Jennie/Heather	9:00-10:00am Vinyasa Flow Yoga Juli
9:20-10:15am Barre Body Cherlyn	9:15-10:15am Sculpt & Strength Kerry	9:15-10:15am Cycle Circuit Brenda	9:15-10:15am HIIT Amber/Janine	8:00-8:50am Water Aerobics Lucinda	8:30-9:30am Water Aerobics Jean/Lucinda/ Angelina	
9:30-10:15am Tot's in Motion (racq-crt)		9:15-10:15am Pilates w/Barre Cherlyn		9:15-10:00am Spinning Sue	9:00-10:00am Inter/Step Sue/Deb D.	
10:10-11:10am *TRX-Body Blast Laura	10:20-11:15am Inter. Pilates Cherlyn	9:30-10:15am Tot's in Motion (racq-crt)		9:10-10:00am Just Dance Amber/Denise	10:10-11:00am Kickboxing Sue/Janine	
10:15-11:15am Begin/Pilates Cherlyn		10:15-11:00am Just Dance Kerry				
	11:15-12:15pm Flow Yoga Adriene	11:15am-12:00pm Functional Fitness Sue	11:15-12:10pm Flow Yoga Adriene	10:15-11:15am Sculpt & Strength Sue		
4:45-5:30pm Sculpt & Strength Briana	4:30-5:30pm Zumba Denise					
4:30-5:20pm Spinning Jennie	5:00-5:50pm Intro to Spin (first Tuesday of each month)	4:45-5:30pm Sculpt & Strength Briana				
5:00-6:00pm *TRX-Body Blast (TRX Station) Laura	5:35-6:20am HIIT Kari	5:00-5:50pm Spinning Kris	5:00-5:45pm Cardio Circuit Kris			
5:30-6:30pm Inter/Step Marnie	6:30-7:30pm Vinyasa Flow Yoga Juli			Color Codes: Red - Spinning Blue - Water Aerobics Green - Fit Kids Black - Group Fitness Purple - Class Fee Applied		
6:00-7:00pm Water Aerobics Kari/Carly		6:00-6:55pm Water Aerobics Angelina/Susan				