

Group Fitness Class Schedule

Effective 4/17/2017 (Revised 4/17/2017)

5401 Corporate Center Lp SE Lacey, WA 98503

(360) 350-0151

Group Fitness <u>Weekend</u> Schedule Please note start time differs from weekday schedule

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat	Saturday	Time: Sun	Sunday
5:30 AM	RPM. ALEXANDRA	ANIESKA 6:00 AM ANIESKA RACHEL T		LESMILLS BODYPUMP	BODYFLOW.	7:15 AM	LESMILLS RPM. MARIBETH & MAMO		7
8:20 AM	BODYPUMP LORA	ZIVMBA MECKMECK	BODYPUMP LORA	ZUMBA MECKMECK	Lesmills BODYFLOW Lora/Christie	8:15 AM	BODYPUMP. ROCHELLE		
9:30 AM	BODYATTACK MARIA & WENDY	BODYPUMP 9:30 AM LESLIE 10:00 AM CXWORX RACHEL T	MIXXEDFIT.	LESMILLS BODYPUMP	Cycling	9:25 AM	CXWORX RACHEL T & MAMO	Time:	Sunday
10:40 AM	MIXXEDFIT.	LESMILLS BODYCOMBAT.	BODYFLOW. WENDY/CHRISTIE	THE GRIND JENNY	A BODYSTEP 10:40 11:15 CXWORX LORI	10:00 AM	BODYSTEP Even Dates-RACHAEL M CESMIL 5 BODYCOMBAT Odd Dates-DANI	8:15 AM	LESMILS BODYATTACK 45 min Express CINDY & RACHEL T
12:00 PM	12 noon Silver Thrivers Cardio 1pm Silver Thrivers Classic Class Membership not required.	Balance & Strength for Seniors 12pm, 1pm, & 2pm Class Membership not required.	12 noon Silver Thrivers Cardio 1pm Silver Thrivers Classic Class Membership not required.	Balance & Strength for Seniors 12pm, 1pm, & 2pm Class Membership not required.		11:05 AM	BODYFLOW ROTATING	9:10 AM	BODYFLOW. JANET&MARIBETH
4:30 PM	BODYSTEP RACHAEL M	LESMILLS BODYPUMP.	ZUMBA AMECKMECK	BODYPUMP ANIESKA		12:15 PM		10:20 AM	
5:40 PM	BODYPUMP. LESLIE	STEPHEN 6:10 PM CXWORX WENDY	6:10 CXWORX MARIBETH	BODYSTEP RACHAEL M	ZUMBA ZUMBA MECKMECK				
6:50 PM	Cycling KODI	BODYFLOW. JANET&MARIBETH/ WENDY	RPM. MAMO & MARIBETH	MIXXEDFIT.		-Participants please sign at the front desk -Classes are limited by code, space, or equipment -All classes are subject to change, cancel, or substitute instructor at any time -Non-members & guests are welcome for a reasonable charge at			
8:00 PM	YOGA N		YOGA J	YOGA RALPH		the front desk -We will always strive to bring you the best classes with the best instructors to meet your needs			