

Group Fitness Class Schedule

Effective 4/5/2018











































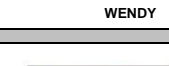
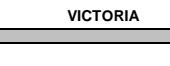
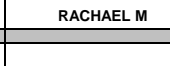
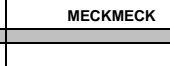



(Revised 4/4/2018)

(360) 350-0151

5401 Corporate Center Lp SE
Lacey, WA 98503

Group Fitness Weekend 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	 ALEXANDRA	 5:30 AM ANIESKA  6:00 AM RACHEL T	 MICHELLE	 LESLIE	 ANIESKA	7:15 AM	 MARIBETH & MAMO		
8:20 AM	 LORA	 MECKMECK	 LORA	 MECKMECK	 LORA	8:15 AM	 ROCHELLE		
9:30 AM	 MARIA	 9:30 AM LESLIE  10:00 AM RACHEL T & CINDY	 NICOLE	 NADINE	 JENNY	9:25 AM	 RACHEL T & MAMO	Time: Sunday	
10:40 AM	 NICOLE	 MARIA	 STEPHANIE	 COURTNEY	 10:40  11:15 LORI	10:00 AM	 Even Dates-RACHAEL M  Odd Dates-DANI		
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.	12 noon Silver Thrivers Cardio Class Membership not required.	11:05 AM	 STEPHANIE/MOLLY	8:15 AM	 45 min Express CINDY
4:30 PM	 RACHAEL M	 LESLIE	 MECKMECK	 ANIESKA		12:15 PM		10:20 AM	
5:40 PM	 LESLIE	 5:40 PM BETH & WENDY  6:10 PM WENDY	 5:40 PM  6:10 PM VICTORIA	 RACHAEL M	 MECKMECK				
6:50 PM	 VICTORIA	 JANET & MARIBETH / WENDY	 MAMO & MARIBETH	 APRIL	 *starts at 7:00pm* LAUREN	~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 the front desk ~We will always strive to bring you the best classes with the best instructors to meet your needs			
8:00 PM	YOGA  VENA		YOGA  JANET	YOGA  RALPH					