

Group Fitness Class Schedule

Effective 2/13/2020

























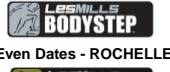



















(Revised 2/13/2020)

(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	 BROOKE	 5:30 AM  6:00 AM LESLIE	 MARIBETH	 LESLIE		7:15 AM	 MARIBETH & MAMO		
8:20 AM	 SUE	 MECKMECK	 LORA	 MECKMECK	 CHRISTIE/LORA&AMY	8:15 AM	 ROCHELLE		
9:30 AM	 SUE	 9:30 AM SUE  10:00 AM CINDY	 CHRISTIE & BROOKE	 NADINE	 CHRISTIE	9:25 AM	 RACHEL W	Time: Sunday	
10:40 AM	 MECKMECK&ROSANNA		 CHRISTIE & JESSIE	 JACKIE		10:00 AM	 Even Dates - ROCHELLE  Odd Dates-VICTORIA		
12:00 PM	12 noon Silver Thrivers Cardio 1pm Silver Thrivers Classic Class Membership not required.	Balance & Strength for Seniors 12pm & 1pm Class Membership not required.	12 noon Silver Thrivers Cardio 1pm Silver Thrivers Classic Class Membership not required.	Balance & Strength for Seniors 12pm & 1pm Class Membership not required.	12 noon Silver Thrivers Cardio Class Membership not required.	11:05 AM	 AMY&ELISA	8:15 AM	 45 min Express CINDY
4:30 PM	 VICTORIA	 LESLIE	 MECKMECK	 SUE		12:15 PM		9:10 AM	 JANET&MARIBETH
5:40 PM	 LESLIE & ROCHELLE	 5:40 PM BETH & STEPHEN  6:10 PM WENDY	 5:40 PM 6:10 PM  VICTORIA	 VICTORIA	 MECKMECK				
6:50 PM		 JANET & ELISA / WENDY & AMY		 APRIL		~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  VENA						