

Group Fitness Class Schedule

Effective 1/4/2017

(Revised 1/4/2017)

(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		 LESLIE	 ANIESKA	7:15 AM	 MARIBETH & MAMO		
8:20 AM	 LORA	 MECKMECK	 LORA	 MECKMECK	 LORA/CHRISTIE	8:15 AM	 ROCHELLE		
9:30 AM	 MARIA & WENDY	 9:30 AM LESLIE  10:00 AM RACHEL T	 CIERRA	 NADINE	 JENNY	9:25 AM	 RACHEL T & MAMO	Time: Sunday	
10:40 AM	 CIERRA	 MARIA	 WENDY/CHRISTIE	 JENNY	 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.		11:05 AM	 JANET&MARIBETH		
4:30 PM	 RACHAEL M	 LESLIE	 MECKMECK	 ANIESKA		12:15 PM		10:20 AM	
5:40 PM	 LESLIE	 5:40 PM  6:10 PM WENDY	 5:40 PM  6:10 PM MARIBETH	 RACHAEL M	 MECKMECK				
6:50 PM	 KODI	 JANET&MARIBETH/ WENDY	 MAMO & MARIBETH	 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  JANET						