

Group Fitness Class Schedule

Effective 11/11/2019 (Revised 11/11/2019)

(360) 350-0151 5401 Corporate Center Lp SE Lacey, WA 98503

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.	6:00 CXWORX LESLIE	RPM.	BODYPUMP.	Sprint	7:15 AM	RPM.		
	BROOKE	LESLIE	MARIBETH & MAMO	LESLIE			MARIBETH & MAMO		
8:20 AM	BODYPUMP SUE	ZVMBA ZVMBA MECKMECK	BODYPUMP.	ZUMBA ZUMBA MECKMECK	BODYFLOW. CHRISTIE/LORA&AMY	8:15 AM	LESMILLS BODYPUMP ROCHELLE		
		LESMILLS 0.20							
9:30 AM	LESMILLS BODYATTACK.	BODYPUMP 9:30 AM SUE 10:00 AM CXWORX	RPM.	BODYPUMP	Sprint	9:25 AM	CXWORX		
	SUE	CINDY	CHRISTIE	NADINE	CHRISTIE		RACHEL W	Time:	Sunday
10:40 AM	ZUMBA	Sprint	BODYFLOW.	MIXXEDFIT.		10:00 AM	BODYSTEP Even Dates - ROCHELLE BODYCOMBAT.	7:30 AM	Sprint
	MECKMECK&ROSANNA		CHRISTIE	JACKIE			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	LESMILLS BODYFLOW MOLLY/AMY&ELISA	8:15 AM	LESMILLS BODYATTACK 45 min Express CINDY
4:30 PM	BODYSTEP	LESMILLS BODYPUMP.	ZVMBA MECKMECK	BODYPUMP.		12:15 PM		9:10 AM	LESMILLS BODYFLOW. JANET&MARIBETH
5:40 PM	Lesmills BODYPUMP LESLIE & ROCHELLE	BETH & STEPHEN 6:10 PM WENDY WENDY	6:10 CXWORX VICTORIA	BODYSTEP	ZUMBA ZUMBA MECKMECK				
6:50 PM		LESMILLS BODYFLOW. JANET & ELISA / WENDY & AMY		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			
8:00 PM	YOGA VENA		YOGA TVENA			~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			