

Fall 2022 Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am – 6:00 am	5:30 UpBeat Barre Analla Sm Gym	5:30 High/Low Fitness Rachel Sm Gym		5:30 UpBeat Barre Analla Sm Gym	5:30 Get Lean w/ Leanne Sm Gym	
6:00 am – 7:00 am						
7:00 am – 8:00 am						
8:00 am – 9:00 am		Yoga Melissa Sm Gym		8:30 Get Lean w/ Leanne Sm Gym		High Fit Rachel Sm Gym
9:00 am – 10:00 am	Pound Sarah Sm Gym	UpBeat Barre Analla Lg Gym	Pound Sarah Sm Gym	High/Low Fitness Rachel Lg Gym	UpBeat Barre Analla Sm Gym	
10:00 am – 11:00 am	FitLizzard Boot Camp Sm Gym <hr/> Senior Fit Lg Gym		FitLizzard Boot Camp Sm Gym <hr/> Senior Fit Lg Gym	Yoga Melissa Sm Gym	FitLizzard Boot Camp Sm Gym <hr/> Senior Fit Lg Gym	
11:00 am – 12:00 am						
12:00 pm – 1:00 pm						
1:00 pm – 2:00 pm						
2:00 pm – 3:00 pm						
3:00 pm – 4:00 pm						
4:00 pm – 5:00 pm						
5:00 pm – 6:00 pm						
6:00 pm – 7:00 pm		Get Lean w/ Leanne Murray Rm		Get Lean w/ Leanne Murray Rm		