

ELEVATE

FITNESS

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM Cardio Yoga with Maurita	9:15 AM Group Active with Jen	8:00 AM Yoga with Maurita	10:00 AM Group Groove with Tamara	8:00 AM Group Centergy with Annette	8:00 AM Spinning with Rachel	8:30 AM Beyond Barre with Jen
8:30 AM Bootcamp with Patty	11:00 AM Silver Sneakers with Jennifer	8:30 AM Bootcamp with Patty	11:00 AM Silver Sneakers with Jennifer	9:00 AM Strength with Tisha/Patty	9:00 AM Spinning with Diane	9:45 AM Zumba with Jesus
9:00 AM Spinning with Jason	5:30 PM Kickboxing with Tisha	9:00 AM Spinning with Jason	4:30 PM Group Groove with Jen	9:15 AM Group Active with Duane	9:15 AM Group Power with Deb	
9:15 AM Aqua Fit with Caitlin	5:30 PM Spinning with Joy	9:15 AM Aqua Fit with Duane	5:00 PM Aqua Fit with Becky		9:15 AM Aqua Fit with Becky	
9:45 AM Kickboxing with Tisha	6:30 PM Yoga with Maurita	9:15 AM Beyond Barre with Maurita	5:45 PM Beyond Barre with Jen		10:30 AM Kickboxing with Tisha	
11:00 AM Silver Sneakers with Eileen		11:00 AM Silver Sneakers with Eileen				
4:30 PM Centergy with Annette		4:30 PM Bootcamp with Patty				
5:30 PM Bootcamp with Patty		5:30 PM Spinning with Joy				
5:30 PM Spinning with Diane		5:45 PM Kickboxing with Tisha				
		6:00 PM Zumba with Jesus				

Effective 4/19/21