

# ELEVATE

FITNESS

## Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Group Power with Darcy	6:00 AM Spinning with Patty	6:00 AM Insanity Live with David	6:00 AM Spinning with Darcy	5:45 AM Group Active with April	7:30 AM Group Core with Lisa	8:00 AM Spinning with Patrick
9:00 AM AquaFit with Donna	6:00 AM Beyond Barre Fit with Darcy	9:00 AM AquaFit with Donna	7:00 AM Group Fight with Lisa	9:00 AM Group Power with Lisa	8:00 AM Insanity Live with David	8:30 Group Fight with Lani
9:15 AM Spinning with Tonya	7:45 AM Yoga with Jeff	9:15 Group Groove with Tamara	9:00 AM Burn with Jeff	11:00 AM Silver Sneakers Yoga	8:00 AM Spinning with Lisa	
9:15 AM Group Groove with Tamara	9:00 AM Strength with David	9:15 AM Spinning with Patty	10:00 AM Mat Pilates with Raelynn		9:00 AM Group Blast with Patrick	
10:30 AM Centergy with Kathy	11:00 AM Silver Sneakers with Duane	10:30 AM Beyond Barre with Gabby	11:00 AM Silver Sneakers with Diane		9:15 AM Burn with Jeff	
12:00 PM Group Power with Diane	4:30 PM Group Power with Lisa	4:30 PM Power Yoga with Rachael	4:30 PM Beyond Barre with Gabby		10:00 AM Group Power with Darcy	
4:30 PM Group Active with Jen	5:45 PM Beyond Barre with Yvonne	5:30 PM Spinning with April	4:30 PM Spinning with Jason		11:15 AM Zumba with Jesus	
5:30 PM Spinning with Patrick	7:00 PM Centergy with Patrick	5:45 PM Group Blast with Patrick	5:45 PM Strength with David			
5:45 PM Group Blast with April						
7:00 PM Zumba with Jesus						

Effective 07/05/21