

ELEVATE

FITNESS

Group Fitness Schedule

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

8:00 AM Cardio Yoga with Maurita	5:30 AM Spinning with Tiffany	8:00 AM Yoga with Maurita	10:00 AM Group Groove with Tamara	7:45 AM Group Centergy with Annette	8:00 AM Spinning with Rachel	7:30 AM Pilates with Deb J.
8:30 AM Bootcamp with Patty	9:15 AM Group Active with Jen	8:30 AM Bootcamp with Patty	11:00 AM Silver Sneakers with Jennifer	9:15 AM Group Active with Duane	9:00 AM Spinning with Diane	8:30 AM Beyond Barre with Jen
9:15 AM Aqua Fit with Duane	11:00 AM Silver Sneakers with Jennifer	9:15 AM Aqua Fit with Duane	4:45 PM Aqua Fit with Becky	10:30 AM Silver Sneakers Yoga	9:15 AM Strength with Tisha	9:45 AM Zumba with Jesus
9:15 AM Run Club with Kevin	4:45 PM Aqua Fit with Becky	9:15 AM Beyond Barre with Maurita	5:30 PM Beyond Barre with Jen		9:15 AM Aqua Fit with Becky	
9:45 AM Kickboxing with Tisha	5:30 PM Kickboxing with Tisha	11:00 AM Silver Sneakers with Eileen	6:30 PM Pilates with Deb J.		10:30 AM Kickboxing with Tisha	
11:00 AM Silver Sneakers with Eileen	5:30 PM Spinning with Joy	4:30 PM Bootcamp with Patty				
5:30 PM Bootcamp with Patty	6:30 PM Yoga with Maurita	4:30 PM Group Active with Renee				
5:30 PM Spinning with Diane	6:30 PM Run Club with Kevin	5:30 PM Spinning with Joy				
		5:45 PM Kickboxing with Tisha				
		6:00 PM Zumba with Jesus				

Effective 10/14/21