

GROUP FITNESS SCHEDULE

SEPTEMBER 2024

CARDIO & STRENGTH

CORE & STRENGTH

SPECIALTY

GROUP X1 WEIGHTROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15-6:00 AM	Small Group Strength Training* Jake	Small Group Strength Training* Jake		Small Group Strength Training* Jake	Small Group Strength Training* Jake
6:15-7:00 AM	Small Group Strength Training* Jake	Small Group Strength Training* Jake		Small Group Strength Training* Jake	Small Group Strength Training* Jake

**The above Small Group Strength Training Classes require pre-enrollment and are not included in the Blessing Goes Healthy Program.*

GROUP X2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:30 PM	Pilates Reformer Fusion Kylie	Rowing Fusion Annette	Power Pilates Kylie	Power 30 Annette	Pilates Reformer Fusion Kylie
5:30-6:15 PM	Power 45 Annette		Power 45 Annette		