

GROUP FITNESS STUDIO

SCHEDULE

EFFECTIVE 3/6/22

	MON	TUES	WED	THURS	FRI	SAT
5:30 AM	FUEL50		FUEL50		FUEL50	
8:00 AM		CARDIO DANCE ANNETTE	PiYo® ROSE	CARDIO SCULPT ANNETTE	ZUMBA® ROSE	ZUMBA® ROSE
9:00 AM	FUEL50	FUEL50	FUEL50	FUEL50	FUEL50	FUEL50
1:00 PM	SILVER SNEAKERS® JACKIE		SILVER SNEAKERS® JACKIE		SILVER SNEAKERS® JACKIE	
3:15 PM		Ultimate Athlete Ages 6-11		Ultimate Athlete Ages 6-11		
4:15 PM		Ultimate Athlete Ages 12-17		Ultimate Athlete 12-17		
5:00 PM	ZUMBA® ROSE	FUEL50	ZUMBA® ROSE	FUEL50		
6:00 PM	FUEL50	MOBILITY ROSE	FUEL50	MOBILITY ROSE		
6:00 PM SMALL ROOM	PiYo® ROSE		PiYo® ROSE			

All Classes are part of the TG Group Training Membership or Ultimate Athlete.
Please note class times, instructors and formats are subject to change.

