






Winter Fitness Program Schedule

Monday	tuesday	Wednesday	t hursday	friday	Saturday
Box fit 6:15-7am	Great Start Spin 6:15-7am	Box fit 6:15-7am	Great Start Spin 6:15-7am		
f 'a B Ride 9-10am	Spin/t RX 9-10am	f 'a B Ride 9-10am	Spin/t RX 9-10am	f 'a B Ride 9-10am	f 'a B Ride 9:30-10:30am
forever fit 10:15-11:15am	Strength & More 10-11 am	forever fit 10:15-11:15am	Strength & More 10-11 am	forever fit 10:15-11:15am	
Mom & Babe Spin 12-1pm	Mommy Moves 10:30-11:15am	f oam Roller Stability & Massage 10:30-11:30am	Mommy Moves 10:30-11:15am	   <p>Register for these programs or drop-in if space allows.</p>  <p>These programs use some equipment. Machines with Red numbers are not available to the public at these times.</p>  <p>anex is closed during classes.</p>	
	50+ Circuit t raining 10:30-11:30am	Healing t hrough Movement 11am-12pm	50+ Circuit t raining 10:30-11:30am		
Spin It! 5:30-6:30pm	Spin & Core 4:15-5:15pm	Spin It! 5:30-6:30pm	Spin & Core 4:15-5:15pm		
	f 'a B Ride 5:30-6:30pm	kettle Bell 6:45-7:45pm	f 'a B Ride 5:30-6:30pm		
t RX 6:45-7:45pm	Spin/t RX 6:45-7:45pm 7:50-8:50pm	t RX 6:45-7:45pm	Spin/t RX 6:45-7:45pm 7:50-8:50pm		