



GROUP FITNESS SCHEDULE Fall 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 CYCLING Lisa	5:45-6:30 SPIN + SCULPT Amanda	5:45-6:30 CYCLING Haley	5:45-6:30 Bootcamp Lisa	5:45-6:30 CYCLING Haley	
9:15-10:15 WARM Gentle Flow Hali	9:15-10:00 CYCLING Ceejay	9:15-10:00 Butts N' Guts Julie	9:15-10:15 SPIN + SCULPT Amanda	9:15-10:15 HOT Vinyasa Yoga Taiyler	9:15-10:00 CYCLING Instructor Rotation
10:30-11:15 CYCLING Amanda					10:15-11:15 HOT Vinyasa Yoga Instructor Rotation
12:10-12:50 HIIT Laurie	12:10-12:50 CYCLING Michelle	12:10-12:50 Level 1 Mat Pilates Angela	12:10-12:50 CYCLING Stacey	12:10-12:50 Step Keri	
5:15-6:00 CYCLING Alicia	5:15-6:00 Bootcamp Krysten	5:15-6:00 CYCLING Lisa	5:15-6:00 TOTAL BODY BLAST Julie		
			6:00-7:00 ZUMBA Julie		
7:00-8:00 HOT Vinyasa Yoga Shayna	7:00-8:00 WARM YIN/YANG Yoga Lisa S.	7:00-8:00 HOT Vinyasa Yoga Jasta	7:00-8:00 WARM YIN Yoga Taiyler		
Sign up by calling: 250-787-1808 or try our My Member Account App!					