



GROUP FITNESS SCHEDULE

Times	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 AM	Spin into Fitness w/Amy	Squeezed 2 Fit w/Amy	Waist Away w/Amy	Transform & Train w/Amy	
6:45 AM	Spin with Carlie Curls and Crunches w/Amy	Spin with Carlie		Spin with Carlie	
8:30 AM		Line Dance		Line Dance	
9:00 AM	Cardio Tone with Karen		Cardio Tone with Karen		Cardio Tone with Karen

During non class times all equipment is available for use in the MP room. Friendly reminder: Please clean & put all equipment away