



Monday			
5-6am	Bootcamp	AF/Gym	Kim
6-7am	kettlebell	AF	Kim
6-7am	Spinning	SS	Mark
8-9am	Forever young	AF	Lacie
8-9am	womens Cond	Gym	Patti
8:30-9:30am	Warm water Aerobic	FP	Barb
9-10am	Spinning	SS	Mary
9-10am	turbo kick	AF	Stephanie
9:30-10:30am	Yoga	TC	Amanda
5:30-6:30pm	Spinning	SS	Colleen
5:30-6:30pm	Power up	AF	Kim
5:30-6:30pm	Yoga	TC	Heather
6:30-7pm	power Stretch	AF	Kim
7-8pm	Zumba	AF/Gym	Amy

Tuesday			
4:30-5am	HITT	AF	Jeremy
5-6am	Power up	AF	Susie
5-6am	Spinning	SS	Dave
6-7am	PiYo	AF	Susan
8-9am	Mat Pilates	AF	Heather
9-10am	Body Sculpt	AF	Susan
9-10am	Water Aerobic	Pool	Jane
11:30-12:30pm	Essentrics	TC	DeAnna
5:30-6:30pm	Bootcamp	AF/Gym	Kim
5:30-6:30pm	Spinning	SS	Mark
6:30-7:30pm	Aqua Zumba	Pool	Cindy
6:30-7:30pm	Yoga	TC	Amanda
6:45-7:30pm	Synergy Cycle	SS	Dolly
6:45-7:30pm	X-Works	AF	Mark

Wednesday			
5-6am	Bootcamp	AF/Gym	Kim
5:6am	Spinning	SS	Mark
6-7am	Kettelbell	AF	Kim
8-9am	Forever young	AF	Lacie
8-9am	womens Cond.	Gym	Patti
9-10am	Spinning	SS	Mary
9-10am	turbo kick	AF	Stephanie
9-10am	Water Aerobics	Pool	Laurie
9:30-10:30am	Yoga	TC	Amanda
5:30-6:30pm	Spinning	SS	Colleen
5:30-6:30pm	Power up	AF	Kim
5:30-6:30pm	Yoga	TC	Amanda
7-8pm	Zumba	AF	Rebecca

Key			
AF	SS	FP	TC
Aerobic Floor	Spin Studio	Fitness Pool	Tennis Center

Thursday			
4:30-5am	HITT	AF	Jeremy
5-6am	Power up	AF	Susie
5-6am	Spinning	SS	Erin
6-7am	PiYo	AF	Susan
8-9am	Mat Pilates	AF	Heather
8:30-9:15	Spinning	SS	Kristin
9-10am	Body Sculpt	AF	Susan
9-10am	Water Aerobic	FP	Barb
10-11am	Zumba	AF/Gym	Amy
11:30-12:30pm	Essentrics	TC	DeAnna
5:30-6:30pm	Bootcamp	AF/Gym	Kim
5:30-6:30pm	Spinning	SS	Mark
6:30-7:30pm	Aqua Zumba	TC	Tanya
6:30-7:30pm	Yoga	TC	Amanda
6:45-7:30pm	Synergy Cycle	SS	Dolly
6:45-7:30pm	X-Works	AF	Mark

Friday			
5-6am	Bootcamp	AF/Gym	Kim
6-7am	Kettlebell	AF	Kim
6-7am	Spinning	SS	Mark
8-9am	Forever young	AF	Beth
8-9am	Womens Cond.	Gym	Patti
9-10am	Spinning	SS	Mary
9-10am	Turbo Kick	AF	Stephanine
9:30-10:30am	Yoga	TC	Amanda

Saturday			
6:30-7:30am	Bootcamp	AF/Gym	Jeremy
7:45-8:45am	Bootcamp	AF/Gym	Jeremy
7:45-8:45am	Spinning	SS	Natalie
8-9am	Will Power	TC	Gayle
9-10am	Power up	AF	Dara

Sunday			
7:45-8:45am	Bootcamp	AF/Gym	Jeremy
7:45am-8:45am	Spinning	SS	Kim
9-10am	Zumba	AF/Gym	Amy

Fitness Center Hours		
M-F: 3:30am-10pm	Saturday	Sunday
	5am-7pm	6am-6pm
Tennis Center Hours		
mon-thurs : 6am-10pm	Friday	Sat/Sun
	6am-8pm	7am-6pm
Child Care Hours		
Mon-Thurs	AM 8am-noon	PM 4:30-8pm
Fri	8am-1pm	Closed
Sat	7:30am- 12pm	Closed
Sun	Closed	Closed

Contact	
970.330.9691	
workoutwest.com	



Group Exercise Schedule: Effective Feb 1, 2019

970.330.9691