



<b>Monday</b>			
5-6am	Bootcamp	<b>AF/Gym</b>	Kim
6-7am	kettlebell	<b>AF</b>	Kim
6-7am	Spinning	<b>SS</b>	Mark
8-9am	Forever young	<b>AF</b>	Lacie
8-9am	womens Cond	<b>Gym</b>	Beth
8:30-9:30am	Warm water Aerobic	<b>FP</b>	Barb
9-10am	Spinning	<b>SS</b>	Mary
9-10am	turbo kick	<b>AF</b>	Stephanie
9:15am-10am	WOW HITT	<b>Gym</b>	Jeremy
9:30-10:30am	Yoga	<b>TC</b>	Amanda
5:30-6:30pm	Spinning	<b>SS</b>	Colleen
5:30-6:30pm	Power up	<b>AF</b>	Kim
5:30-6:30pm	Yoga	<b>TC</b>	Heather
6:30-7pm	power Stretch	<b>AF</b>	Kim
7-8pm	Zumba	<b>AF/Gym</b>	Amy

<b>Tuesday</b>			
4:30-5am	HITT	<b>AF</b>	Jeremy
5-6am	Power up	<b>AF</b>	Susie
5-6am	Spinning	<b>SS</b>	Dave
6-7am	PiYo	<b>AF</b>	Susan
8-9am	Mat Pilates	<b>AF</b>	Heather
9-10am	Body Sculpt	<b>AF</b>	Susan
9-10am	Water Aerobic	<b>Pool</b>	Jane
9:15-10am	WOW HITT	<b>Gym</b>	Jeremy
11:30-12:30pm	Essentrics	<b>TC</b>	DeAnna
5:30-6:30pm	Bootcamp	<b>AF/Gym</b>	Kim
5:30-6:30pm	Spinning	<b>SS</b>	Mark
6:30-7:30pm	Aqua Zumba	<b>Pool</b>	Cindy
6:30-7:30pm	Yoga	<b>TC</b>	Amanda
6:45-7:30pm	Synergy Cycle	<b>SS</b>	Dolly
6:45-7:30pm	X-Works	<b>AF</b>	Mark

<b>Wednesday</b>			
5-6am	Bootcamp	<b>AF/Gym</b>	Kim
5:6am	Spinning	<b>SS</b>	Mark
6-7am	Kettelbell	<b>AF</b>	Kim
8-9am	Forever young	<b>AF</b>	Lacie
8-9am	womens Cond.	<b>Gym</b>	Beth
9-10am	Spinning	<b>SS</b>	Mary
9-10am	turbo kick	<b>AF</b>	Stephanie
9-10am	Water Aerobics	<b>Pool</b>	Laurie
9:15am-10am	WOW HITT	<b>Gym</b>	Jeremy
9:30-10:30am	Yoga	<b>TC</b>	Amanda
5:30-6:30pm	Spinning	<b>SS</b>	Colleen
5:30-6:30pm	Power up	<b>AF</b>	Kim
5:30-6:30pm	Yoga	<b>TC</b>	Amanda
7-8pm	Zumba	<b>AF</b>	Rebecca

<b>Key</b>			
<b>AF</b>	<b>SS</b>	<b>FP</b>	<b>TC</b>
Aerobic Floor	Spin Studio	Fitness Pool	Tennis Center

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

<b>Friday</b>			
5-6am	Bootcamp	<b>AF/Gym</b>	Kim
6-7am	Kettlebell	<b>AF</b>	Kim
6-7am	Spinning	<b>SS</b>	Mark
8-9am	Forever young	<b>AF</b>	Beth
8-9am	Womens Cond.	<b>Gym</b>	Lacie
9-10am	Spinning	<b>SS</b>	Mary
9-10am	Turbo Kick	<b>AF</b>	Stephanie
9:15-10am	WOW HITT	<b>Gym</b>	Jeremy
9:30-10:30am	Yoga	<b>TC</b>	Amanda

<b>Saturday</b>			
6:30-7:30am	Bootcamp	<b>AF/Gym</b>	Jeremy
7:45-8:45am	Bootcamp	<b>AF/Gym</b>	Jeremy
7:45-8:45am	Spinning	<b>SS</b>	Natalie
8-9am	Will Power	<b>TC</b>	Gayle
9-10am	Power up	<b>AF</b>	Dara
9:15-10am	WOW HITT	<b>Gym</b>	Jeremy

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

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

**Contact**  
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Group Exercise Schedule: Effective Feb 1, 2019

970.330.9691