

Effective 3/1/19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Group Strength Power ½ Hour		Group Strength Power ½ Hour	Cycling		Core Cross Power ½ Hour	
5:15am		Functional Intensity		Functional Intensity			
5:30am					HIIT Cycling		
6:00am	Group Strength	Functional Intensity	Cycling	Group Strength	Functional Intensity	Core Cross	
7:00am		Group Strength		Group Strength		Group Strength	
8:00am	Group Strength	Functional Intensity	Group Strength	Functional Intensity	Core Cross	Functional Intensity	Bootcamp Beats*
8:15am							Cycling
9:00am	HIIT Cycling					Functional Intensity	Step Aerobics
9:15am			Cycling		Tri Fit		
9:30am	PiYo						
10:00am	Group Strength	Functional Intensity	Metabolic 20*	Group Strength	Core Cross		
10:30am						Fitness FUNdamentals	
11:00am	Senior Strength & Mobility	Senior Strength & Mobility				Core Fitness Youth Program Grand Opening 3/23 and 3/30 11:00-1:00pm Join us for FREE demo classes, April registration discounts and giveaways! Detailed information including our April schedule will be posted 3/6 on Facebook, Instagram and corefitnessgrouptraining.com	 CORE FITNESS INC. Hours of Operation Mon: 5am-8pm Tues: 5am-7:30pm Wed: 5am-6:30pm Thurs: 5am-7:30pm Fri: 5am-3pm Sat: 7am-12pm Sun: 8am-10am Class descriptions and prices at CoreFitnessGroupTraining.com
3:30pm	Tween Cize™	Student Speed & Agility		Student Speed & Agility			
4:30pm	Group Strength	Student Strength & Conditioning	Group Strength	Student Strength & Conditioning			
5:30pm	Metabolic 20*		Insanity™				
6:00pm	Cycling			Turbo Kick™			
6:30pm							
7:00pm	Meathead Monday*		Functional Intensity				

* classes include high intensity intervals that involve plyometric training and therefore intended for those who have been regularly exercising, are injury free and suffering from no known medical conditions