



Adult Group Training and Cardio Fitness Classes

PLEASE NOTE WE WILL BE FOLLOWING A MODIFIED SCHEDULE 12/24-12/26 AND 12/31-1/1. See bottom right corner for more details

| Effective 10/1 | Mon | Tues | | Wed | Thurs | Fri | Sat | | Sun |
|----------------|--|----------------------|------------|--------------------------------|--------------------------|----------------------------|-----------------------|------------------|---|
| 5:00am | Group Strength Power ½ Hour | | | Group Strength Power ½ Hour | | Core Cross (1/2 hour) | | | |
| 5:15am | | Functional Intensity | | | Functional Intensity | | | | |
| 5:30am | Trifit Express | | | HIIT Cycling | | HIIT Cycling | | | |
| 6:00am | Group Strength | Functional Intensity | Pedal Plus | 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 | Sculpt | | | | Bootcamp Beats Express ⚠ | | | | |
| 10:00am | Group Strength | Functional Intensity | | | Group Strength | Core Cross | | | <div>Core Fitness Regular Hours of Operation</div> <div>Monday: 5am-1pm and 4pm-8pm Tuesday: 5am-1pm and 4pm-7:30pm Wednesday: 5am-7:30pm Thursday: 5am-1pm and 4pm-7:30pm Friday: 5am-1pm Saturday: 7am-12pm Sunday: 8am-10am</div> <div>Class Descriptions, Prices and Printable Schedule at  corefitnessgrouptraining.com</div> <div>Holiday Hours</div> <div>Tuesday 12/24: Gym will only be open 8am-9am for a 60-minute “Pedal Plus”. All other classes cancelled. Wednesday 12/25: Gym will be closed Thursday 12/26: Gym will only be open 9am-10am for a 60-minute post-holiday Spin Tuesday, December 31st: Gym will close at 12:00pm Wednesday, January 1st: Gym will be closed</div> |
| 11:00am | Senior Strength and Mobility | | | | | | | | |
| 11:30pm | | | | | | Senior Strength & Mobility | | | |
| 12:00pm | | | | | | | Gym Closes at 12:00pm | | |
| 1:00pm | Gym Closed 1-4pm | Gym Closed 1-4pm | | | Gym Closed 1-4pm | Gym Closed 1-6:45pm | | | |
| 4:30pm | Group Strength | | | Group Strength | | | | | |
| 5:30pm | | | | Trifit | | | | | |
| 6:15pm | Cycling | | | | | | | | |
| 6:45pm | | | | | | Cycling | | | |
| 7:00pm |  Meathead Monday | | | | | | | | |
| 8:00pm | Gym Closes 8pm | Gym Closes 7:30pm | | Gym Closes 7:30pm | Gym Closes 7:30pm | Gym closes 7:30pm | | | |



Advanced Class (high-Intensity, high-impact. Not appropriate for those with any physical limitations) All other Core Fitness classes can be modified for all abilities and fitness levels

Youth Fitness Schedule can be found at www.corefitnessgrouptraining.com

