

# Adult Group Fitness Schedule

Effective 7/1/19	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Power Half Hour Group Strength		Power ½ Hour Group Strength		Power ½ Hour Core Cross		
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						Functional Intensity	Step Aerobics
9:00am	HIIT Cycling						
9:15am			Cycling		Trifit		
9:30am	PiYo						
10:00am	Group Strength	Functional Intensity		Group Strength	Core Cross		<b>Gym Closes at 10am</b>
11:00am	Senior strength & Mobility	Senior Strength & Mobility					
12:00pm						<b>Gym Closes at 12pm</b>	
1:00pm	<b>Gym Closed 1pm-4pm</b>	<b>Gym Closed 1pm-4pm</b>		<b>Gym Closed 1pm-4pm</b>	<b>Gym Closes at 1pm</b>		
4:30pm	Group Strength		Group Strength				
5:45pm			Insanity				
6:15pm	Cycling						
7:00pm	Phoenix Practice	Meathead Monday	<b>Gym Closed at 7pm</b>				
7:30pm				<b>Gym Closed at 7:30pm</b>	Cardio Sculpt		
8:00pm	<b>Gym Closed at 8pm</b>			<b>Gym Closed at 8pm</b>			

Class descriptions and prices can be found at  
[www.corefitnessgrouptraining.com](http://www.corefitnessgrouptraining.com)

For up-to-date gym events and news visit  
[www.facebook.com/corefitnessgrouptraining](http://www.facebook.com/corefitnessgrouptraining)

Youth/Athlete schedule can be found at [www. CoreFitnessGroupTraining.com](http://www.CoreFitnessGroupTraining.com)