


Effective 11/5	Mon Gym Closed 12/24	Tues Gym Closed 12/25	Wed Gym Closed 12/26		Thurs	Fri	Sat		Sun
5:00am	Power ½ Hour		Power Half Hour	Cycling		Core Cross (1/2 hour)			
5:15am		Functional Intensity			Functional Intensity				
6:00am	Group Strength	Functional Intensity	Cycling	Group Strength	Functional Intensity	Core Cross			
7:00am		Group Strength			Group Strength		Group Strength	Cycling	
8:00am	Group Strength	Functional Intensity	Functional Intensity	Group Strength	Core Cross	Functional Intensity	Bootcamp Beats	⚠	
8:15am									Cycling
9:00am	HIIT Cycling					Functional Intensity			
9:15am			Cycling			Tri Fit			
9:30am	Piyo								
9:45am							Step Aerobics		
10:00am	Group Strength	Functional Intensity	M-20	⚠	Group Strength	Core Cross			 <p>Holiday Hours</p> <ul style="list-style-type: none"> Core Fitness will be closed 12/24, 12/25 and 12/26 We will also close on New Year's Eve at 12:00pm and will remain closed for New Years Day. We will reopen on January 2nd at 5:00am. <p>Core Fitness Hours of Operation</p> <p>Monday: 5:00am-8:00pm Tuesday: 5:00am-7:30pm Wednesday: 5:00am-8:00pm Thursday: 5:00am-7:30pm Friday: 5:00am-3:00pm Saturday: 7:00am-12:00pm Sunday: 8:00am-10:00am</p> <p>Class Descriptions, Prices and Printable Schedule at www.corefitnessgrouptraining.com</p>
10:30am							Fitness Fundamentals		
11:00am	Senior Strength and Mobility	Senior Strength and Mobility							
3:30pm	Tween Cize™	Student Speed and Agility			Student Speed and Agility				
4:30pm	Group Strength	Student Strength & Conditioning	Group Strength		Student Strength and Conditioning				
5:00pm									
5:30pm	M-20	⚠	Insanity™	⚠					
5:45pm	Cycling								
6:00pm					Turbo Kick™				
6:30pm		BB Express	⚠						
6:45pm									
7:00pm	Meathead Mondays		Functional Intensity						

⚠ Advanced Class (high-Intensity, high-impact) ☐ Cardio Fitness Studio

~All Core Fitness classes can be modified for all abilities and fitness levels unless otherwise indicated~

