

Adult Group Training and Cardio Fitness Classes

Effective 9/1/19	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			HIIT Cycling		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	PiYo™				Functional Intensity	Step Aerobics
9:15am			Cycling		Tri Fit		
9:30am	Sculpt	Cize™		Bootcamp Beats Express ⚠			
10:00am	Group Strength	Functional Intensity		Group Strength	Core Cross		<p>Core Fitness Hours of Operation</p> <p>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</p> <p>Class Descriptions, Prices and Printable Schedule at corefitnessgrouptraining.com</p>
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 Closes at 1:00pm		
4:30pm	Group Strength		Group Strength				
5:30pm			Trifit ⚠				
6:15pm	Cycling						
7:00pm	Meathead Monday ⚠		Group Strength Power ½ Hour				
8:00pm	Gym Closes 8pm	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 Core Fitness classes can be modified for all abilities and fitness levels unless otherwise indicated

FULL YOUTH CLASS SCHEDULE AVAILABLE ONLINE www.CoreFitnessGroupTraining.com

