



Adult Group Training and Cardio Fitness Classes

PLEASE NOTE WE WILL BE FOLLOWING A MODIFIED SCHEDULE NOV 4th-NOV 9th and on Thanksgiving Day/Black Friday. See bottom right corner

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	Cize™				Functional Intensity	Step Aerobics
9:15am			Cycling		Tri Fit		
9:30am	Sculpt	Piyo™		Bootcamp Beats Express ⚠️			
10:00am	Group Strength	Functional Intensity		Group Strength	Core Cross		Core Fitness Regular Hours of Operation 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 Class Descriptions, Prices and Printable Schedule at corefitnessgrouptraining.com <div style="border: 1px solid black; padding: 5px; background-color: yellow;"> NOV 4th-9th Core Fitness will only be open for the highlighted classes! </div> Thanksgiving Hours: Thursday 11/28: Gym open 8am-9am for "Burn the Bird" 45 minute spin followed by 15-minute core conditioning. All other classes cancelled. Friday 11/29: Opening at 8:00am for all regularly scheduled classes PLUS an extra, post-thanksgiving cycling class at 8am!
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 ⚠️		Group Strength Power ½ Hour				
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 Core Fitness classes can be modified for all abilities and fitness levels unless otherwise indicated

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

