

Group Training Schedule

Effective 11/1/22

- Pre-registration required for all classes (link can be found at www.corefitnessgrouptraining.com).
- Classes (or portions of class) may be held outdoors if weather permits.

Mon	Tue	Wed	Thur Closed Thanksgiving Day	Fri Modified Schedule Black Friday 11/25*	Sat	Sun
5:30-6:00am Metabolic 20	5:30-6:15am Spin	5:30-6:00am Metabolic 20	5:30-6:15am Spin	5:30-6:00am Nucleus		
6:00am- 6:45am Group Strength	6:15-7:00am Functional Intensity	6:00am- 6:45am Group Strength	6:15-7:00am Functional Intensity	6:00am-6:45 Core Cross		
7:30am-8:15am Group Strength		7:30-8:15am Group Strength		7:30am-8:15 Core Cross	7:00-7:30am Group Strength	
	9:30am Core Cross	9:30am Spin	9:30am Core Cross	9:15am Trifit	7:30-8:15am Functional Training	
*4:00pm Athlete Speed and Strength level 1					8:15-8:45am Bootcamp Beats	
*4:45-5:30pm Athlete Speed and Strength level 2		*4:45-5:30pm Athlete Speed and Strength level 2		*On Black Friday, 11/25, morning Core Cross will be held at 8:00am only	8:45am Step Aerobics	
5:30-6:00pm Beats						
6:00-6:30pm Power Sculpt	6:00-6:45pm Group Strength	6:15pm Spin	6:00-6:45pm Group Strength			

*Youth Fitness Classes