

Group Training Schedule

Effective 6/28/22

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.

Green: Adult Group Training **Blue:** Youth Training

Mon	Tue	Wed	Thur	Fri	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		
	7:00-7:45am Functional Intensity		7:00-7:45am Functional Intensity		7:00-7:30am Group Strength	
7:30am-8:15am Group Strength		7:30-8:15am Group Strength		7:30am-8:15 Core Cross	7:30-8:15am Functional Training	8:00am Spin
		8:15am Spin		8:15am Trifit	8:15-8:45am Bootcamp Beats	
					8:45am Step Aerobics	
					10:15am Athlete Speed and Strength level 1	
4:45-5:30pm Athlete Speed and Strength level 2		4:45-5:30pm Athlete Speed and Strength level 2				
5:30-6:00pm Beats						
6:00-6:30pm Power Sculpt	6:00-6:45pm Group Strength	6:15pm-7:00pm Spin	6:00-6:45pm Group Strength			

Don't see a class time that is convenient for you? Private, small group training for adults and athletes is also available! Contact corefitnessinfo@comcast.net for more details!