

















EXPERT FITNESS

Health, Performance, Rehab and Weight Loss Center

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:00 Boot Camp DINA		5:30-6:00 Boot Camp DINA		5:30-6:15 Total Conditioning DINA	7:30-8:30 YOGA DINA	8:00-9 :00  GROUP STEP [®] LISA
9:15-10:00  GROUP KICK [®] SALINA	9:15-10:00 Total Conditioning DINA	9:15-10:00  GROUP STEP [®] SALINA	9:15-10:00 Total Conditioning SALINA	9:15-10:00  GROUP KICK [®] LISA	8:45-10:00 Saturday Sampler LISA	9:00-9:45 Total Conditioning LISA
10:00 -10:45  GROUP POWER [®] SALINA	10:00 -10:45  GROUP CENTERGY [®] DINA	10:00 – 10:45 Total Conditioning JANE		10:00 – 10:30 Boot Camp JANE	10:00-11:00  GROUP POWER [®] MELISSA	
4:30-5 :15  GROUP STEP [®] ANDI	4 30-5 :15  GROUP POWER [®] RACHEL / LORRIE	4:30-5 :15  GROUP KICK [®] MELISSA	5:00-5:30 Boot Camp JANE			
5:15-5:30 AB ATTACK	5:15-5:30 AB ATTACK	5:15-5:30 AB ATTACK				
5:30-6:30  GROUP KICK [®] LISA	5:30-6:30  GROUP groove [®] LISA	5:30-6:30  GROUP POWER [®] MELISSA	5 :30-6 :30  GROUP STEP [®] LISA	5:30-6:30  GROUP KICK [®] LISA / MELISSA		
6:30-7:15 "The 400 Workout" LISA	6:30-7:15 Total Conditioning JANE	6:30-7:30  GROUP CENTERGY [®] ANDI	6:30-7:15 Total Conditioning LISA			

Please note all Group Exercise Classes require a minimum of 8 members to be held

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