

# WEST

**Group Fit Classes**

*Apr/May/Jun 2023*

## MONDAY

5:00am **BOOT CAMP 45** Julie/Danielle  
7:00am **ZUMBA GOLD 45** Eva  
8:00am **YOGA 45** Brittany  
9:00am **BODYPUMP 60** Casi  
4:30pm **BODYATTACK 45** Lindsay  
5:30pm **BODYPUMP 45** Jade C/Erin  
6:30pm **WERQ DANCE FIT 60** Holly

## TUESDAY

5:00am **CYCLE 60** Angie  
7:00am **SENIOR FIT 45** Eva  
9:00am **GLUTE CAMP 60** Ellie H  
6:30pm **YOGA 60** Brooke

## WEDNESDAY

5:00am **BODYPUMP 45** Jennifer M  
7:00am **ZUMBA GOLD 45** Eva  
8:00am **YOGA 45** Brittany  
9:00am **BODYPUMP 60** Casi  
5:30pm **BODYPUMP 45** Shannon  
6:30pm **WERQ DANCE FIT 60** Kayla

## THURSDAY

5:00am **CYCLE 60** Angie  
7:00am **SENIOR FIT 45** Elizabeth F  
9:00am **GLUTE CAMP 60** Ellie H  
5:30pm **BODYATTACK 45** Mackenzie H  
6:30pm **YOGA 60** Brooke

## FRIDAY

5:00am **BOOT CAMP 45** Jen M  
7:00am **GENTLE YOGA** Eva  
8:00am **CYCLE 45** Mary  
9:00am **TRX FIT 45** Casi

## SATURDAY

7:00am **BOOT CAMP 45** Danielle  
8:00am **BODYPUMP 60** Lindsay  
10:30am **WERQ DANCE FIT 60** Rotation

## SUNDAY

3:00pm **YOGA 60** Brooke



*b.fit*

# EAST

**Group Fit Classes**

*Apr/May/Jun 2023*

## MONDAY

5:00am **BODYPUMP 60** *Erin*  
5:15am **CYCLEX 45** *Jessica W*  
8:00am **BOOT CAMP 45** *Charlie*  
9:00am **ZUMBA TONING 45** *Midori*  
10:30am **SENIOR FIT 45** *Charlie*  
12:00pm **BODYPUMP 45** *Johnna*  
5:30pm **BOOT CAMP 45** *Carliss*  
5:30pm **CYCLEX 45** *Melanie*  
6:30pm **GLUTE CAMP 60** *Glenn*

## TUESDAY

5:00am **BOOT CAMP 45** *Charlie*  
9:00am **ZUMBA 60** *Courtney*  
10:30am **ZUMBA GOLD 45** *Midori*  
12:00pm **CYCLEX 45** *Carliss*  
12:00pm **YOGA 45** *Lisa*  
4:30pm **GROOVE3 45** *Kayla*  
5:30pm **CYCLEX 45** *Angie*  
5:30pm **WERQ 1** *Sara*

## WEDNESDAY

5:00am **BODYPUMP 60** *Chelsea H*  
5:15am **CYCLEX 45** *Jessica W*  
8:00am **BOOT CAMP 45** *Charlie*  
9:00am **ZUMBA TONING 45** *Midori*  
10:30am **SENIOR FIT 45** *Charlie*  
12:00pm **BOOT CAMP 45** *Carliss*  
5:30pm **CYCLEX 45** *Carliss*  
5:30pm **BOOT CAMP 45** *Elizabeth/Lauren*  
6:30pm **GLUTE CAMP 60** *Glenn*

## THURSDAY

5:00am **BOOT CAMP 45** *Charlie*  
9:00am **ZUMBA 60** *Courtney*  
10:30am **ZUMBA GOLD 45** *Midori*  
12:00pm **CYCLEX 45** *Carliss*  
12:00pm **YOGA 45** *Lisa*  
4:30pm **GROOVE3 45** *Sara C*  
5:30pm **CYCLEX 45** *Sarah T*  
5:30pm **WERQ 1** *Sara*

## FRIDAY

8:00am **BOOT CAMP 45** *Charlie*  
9:00am **YOGA 60** *Beth*  
12:00pm **BODYPUMP 45** *Jade*

## SATURDAY

8:00am **BODYPUMP 60** *Johnna*  
9:00am **CYCLEX 45** *Rotation*  
9:15am **ZUMBA 60** *Courtney*  
10:30am **GAUNTLET 60** *Glenn*

## SUNDAY

8:00am **CYCLEX 45** *Mallorie*  
3:00pm **WERQ DANCE FIT 60** *ROTATION*



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# NORTH

## Group Fit Classes

Apr/May/Jun 2023

### MONDAY

5:00am **CYCLE 45** Tracy H  
9:00am **BODYPUMP 60** Mellissa  
9:00am **AQUA ZUMBA 45** Courtney  
10:30am **SENIOR FIT 45** Marie  
12:00pm **BOOT CAMP 45** Catherine  
5:30pm **BOOT CAMP 45** Jen B  
6:30pm **WERQ DANCE FIT 60** Kai

### TUESDAY

5:00am **BODYPUMP 45** Jen H  
8:00am **ZUMBA TONING 45** Kelsie  
8:00am **AQUA FIT 45** Jeanine  
9:00am **BARRE PILATES 60** Kayla  
9:00am **SENIOR AQUA 45** Jeanine  
10:30am **YOGA 60** Sarah T  
12:00pm **BOOT CAMP 45** Sarah T  
4:30pm **BODYPUMP 45** Haley  
5:30pm **CYCLE 45** Sarah T  
6:30pm **GAUNTLET 60** Glenn

### WEDNESDAY

5:00am **CYCLE 45** Tara G  
9:00am **BODYPUMP 60** Mellissa  
10:30am **SENIOR FIT 45** Marie  
12:00pm **BOOT CAMP 45** Catherine  
5:30pm **BODYPUMP 45** Jen H  
6:30pm **AQUA ZUMBA 45** Courtney

### THURSDAY

5:00am **BODYPUMP 45** Jen H  
8:00am **ZUMBA TONING 45** Kelsie  
8:00am **AQUA FIT 45** Jeanine  
9:00am **CORE + BALANCE 60** Sarah K  
9:00am **SENIOR AQUA 45** Jeanine  
10:30am **YOGA 60** Sarah T  
12:00pm **BOOT CAMP 45** Sarah T  
4:30pm **BODYPUMP 45** Tara G  
5:30pm **CYCLE 45** Haley T  
6:30pm **GAUNTLET 60** Glenn

### FRIDAY

9:00am **BODYPUMP 60** Haley  
9:00am **AQUA FIT 45** Jeanine  
10:30am **SENIOR FIT 45** Marie  
12:00pm **STRONG NATION 45** Elizabeth

### SATURDAY

8:00am **WERQ DANCE FIT 60** Jen H  
9:15am **BODYPUMP 60** Haley/Jen H  
10:30am **BOOT CAMP 45** Elizabeth F

### SUNDAY

3:00pm **BODYPUMP 60** Mackenzie



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# NEWBURGH

**Group Fit Classes**

*Apr/May/Jun 2023*

## MONDAY

8:00am **BARRE PILATES 45** Jeannie  
8:00am **SENIOR AQUA 45** Vicki  
9:00am **AQUA FIT 45** Vicki  
9:00am **WERQ DANCE FIT 60** Kayla  
10:30am **YOGA 60** Katie R  
5:30pm **BODYPUMP 45** Theresa  
6:30pm **ZUMBA 60** Courtney

## TUESDAY

5:00am **BOOT CAMP 60** Tara M  
8:00am **BODYATTACK 45** Elizabeth  
9:00am **AQUA ZUMBA 45** Midori  
9:00am **BODYPUMP 60** Mallorie  
10:30am **SENIOR FIT 45** Charlie  
5:30pm **BOOT CAMP 45** Theresa  
6:30pm **YOGA 60** Lisa Cd

## WEDNESDAY

5:00am **BODYPUMP 60** Tara M  
8:00am **BARRE PILATES 45** Jeannie  
8:00am **SENIOR AQUA 45** Jeanine  
9:00am **AQUA FIT 45** Jeanine  
9:00am **WERQ DANCE FIT 60** Rachel  
10:30am **YOGA 60** Lisa C  
5:30pm **BODYPUMP 45** Theresa  
6:30pm **ZUMBA 60** Kelsie

## THURSDAY

5:00am **TRX FIT 60** Tara M  
8:00am **BODYATTACK 45** Mallorie  
9:00am **BODYPUMP 60** Mallorie  
9:00am **AQUA ZUMBA 45** Midori  
10:30am **SENIOR FIT 45** Charlie  
5:30pm **BOOT CAMP 45** Theresa  
6:30pm **AQUA BARRE SPLASH 45** Sarah K  
6:30pm **YOGA 60** Natalie H

## FRIDAY

5:00am **BODYPUMP 60** Megan F  
8:00am **BODYATTACK 45** Crystal  
8:00am **SENIOR AQUA 45** Vicki  
9:00am **AQUA BARRE SPLASH 45** Jeannie  
9:00am **WERQ DANCE FIT 60** Kayla  
10:30am **YOGA 60** Natalie H

## SATURDAY

7:00am **TRX FIT 45** Crystal  
8:00am **BARRE PILATES 60** Jeannie  
9:15am **BODYPUMP 60** Theresa/Mallorie

## SUNDAY

8:00am **STRONG NATION 60** Elizabeth



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