



# Fitness Schedule for June 3<sup>rd</sup>-August 31<sup>st</sup>

| <u>Time</u>    | <u>Monday</u>                                  | <u>Tuesday</u>                  | <u>Wednesday</u>                | <u>Thursday</u>                                | <u>Friday</u>               | <u>Saturday</u>   |
|----------------|--|---------------------------------|---------------------------------|--|-----------------------------|-------------------|
| <b>Morning</b> |  |                                 |                                 |  |                             |                   |
| 5:15-5:55      |  |                                 |                                 |  |                             |                   |
| 5:15-6:00      | TRX- Chelsea                                   | Bootcamp-Kristi                 | Total Body Strength- Kristi     | TBC - Kristi                                   | Total Body Strength- Kristi |                   |
| 5:20-6:20      |  |                                 |                                 |  |                             |                   |
| 8:15-9:00      | Live Well-Kathy                                | Yoga-Kimberly                   | Live Well-Kathy                 |  | Live Well Circuit-Kristi    | Saturday Rotation |
| 9:15-10:00     | BarWorks Xpress-Kathy (9:15-9:45)              | Total Body Strength- Jamie      |                                 | Barbell Blast-Jamie                            | TBC-Jamie                   |                   |
| 9:30-10:30     |  | Dancercise (women only) -Dawn   |                                 |  | Line Dancing-Dawn           |                   |
| 12:00-12:40    |  |                                 |                                 |  |                             |                   |
| <b>Evening</b> |  |                                 |                                 |  |                             |                   |
| 4:30-5:20      | TRX-Courtney (4:30-5:05)                       | Barbell Blast-Jamie (4:30-5:15) | Cardio Dance-Eryn               |  |                             | X                 |
| 5:00 – 5:30    | Iron Group Training \$\$ -Courtney (5:15-6:05) |                                 |                                 | TRX-Chelsea (5:00-5:35)                        |                             | X                 |
| 5:30-6:30      |  |                                 | Fit Sticks-Courtney (5:30-6:00) | Iron Group Training \$\$ -Courtney (5:45-6:45) |                             | X                 |
| 6:15 – 7:00    | Yoga-Kimberly                                  |                                 |                                 |  |                             | X                 |

**\*\*Classes and schedules are subject to change without notice**



High Impact Classes  
 Yoga Classes  
 Low Impact Classes  
 Dance Classes

[xcel sports.org](http://xcel sports.org)