


















# EXPERT FITNESS

Health, Performance, Rehab and Weight Loss Center

## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:00 <b>Boot Camp</b> DINA		5:30-6:00 <b>Boot Camp</b> DINA		5:30-6:15 <b>Total Conditioning</b> DINA	7:30-8:45 <b>YOGA &amp; Strength</b> DINA	8:00-9 :00  <b>GROUP STEP</b> ANDI / LISA
9:15-10:00  <b>GROUP KICK</b> SALINA	9:15-10:00 <b>Total Conditioning</b> DINA / SALINA	9 :15-10:00  <b>GROUP STEP</b> SALINA	9:15-10:00 <b>Total Conditioning</b> SALINA	9:15-10:00  <b>GROUP KICK</b> LISA	8:45-10:00 <b>Saturday Sampler</b> LISA	9:00-9:45 <b>Total Conditioning</b> LISA
10:00 -10:45  <b>GROUP POWER</b> SALINA	10:00 -10:45  <b>GROUP CENTERGY</b> DINA	10:00 – 10:45 <b>Total Conditioning</b> JANE	10:00-10:45  <b>GROUP groove</b> SALINA	10:00 – 10:30 <b>Boot Camp</b> JANE	10:00-11:00  <b>GROUP POWER</b> MELISSA	
4 :30-5 :15  <b>GROUP STEP</b> ANDI	4 :30-5 :15  <b>GROUP POWER</b> ANDI	4 :30-5 :15  <b>GROUP KICK</b> MELISSA	5:05-5:30 <b>Boot Camp</b> JANE			
5:15-5:30 <b>AB ATTACK</b>	5:15-5:30 <b>AB ATTACK</b>	5:15-5:30 <b>AB ATTACK</b>				
5:30-6:30  <b>GROUP KICK</b> LISA	5:30-6:30  <b>GROUP groove</b> LISA	5:30-6:30  <b>GROUP POWER</b> MELISSA	5 :30-6 :30  <b>GROUP STEP</b> LISA	5 :30-6:30  <b>GROUP KICK</b> LISA / MELISSA		
6:30-7:15 <b>"The 400 Workout"</b> LISA	6:30-7:15 <b>Total Conditioning</b> JANE	6:30-7:30  <b>GROUP CENTERGY</b> ANDI	6:30-7:15 <b>Total Conditioning</b> LISA			

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

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