

Group Fitness Schedule Fall 2023					
	MON	TUE	WED	THR	FRI
6:30am		Cycle Core ~Meghan Goossman		Cycle Core ~ Meghan Gossman	
7:30am	Strength & Power (Fitness Center) Aaron M.		Strength & Power (Fitness Center) Aaron M.		
7:30am	Cycle Core ~ Ellie Eidenschink		Cycle Core ~ Ellie Eidenschink	Cycle Jeff Keenan	
12:30pm					Cycle Core~Chloe Renzelmn
2:30pm	HIIT ~ Aaron M.				
3:15pm		Cycle Core ~ Bella Bresnahan		Cycle Core~ Bella Bresnahan	
3:30pm	Cycle Core ~ Anna Bartig	Zumba & Core~ Tammy Zee	Cycle Core ~ Taylor Yapp	Zumba & Core~ Tammy Zee	
3:45pm	Yoga Pilates Fusion ~ Tammy Zee		Yoga Pilates Fusion ~ Tammy		
4:30pm	Cycle ~ Megan Kruse	Cycle Core~ Kennedy Smook	Cycle ~ Megan Kruse	Cycle Core~Kennedy Smook	
4:45pm	Yoga ~ Lexi Finnell	HIIT ~ Aaron M	Yoga ~ Lexi Finnell	Group Strength ~ Aaron M	
5:30pm	Cycle Core ~ Kaleah Puskala	Cycle Core ~ Chloe Renzelmann	Cycle Core ~ Kaleah Puskala	Cycle Core ~ Chloe Renzelmn	
6:00pm	Zumba & Core ~ Kristen	Zumba ~ Lynne Smith	ZUMBA & Core ~ Kristen		
6:30pm	Cycle Core ~ Emma Syftstad	Cycle Core ~Gabby Congemi	Cycle Core~ Anna Bartig	Cycle Core ~ Gabby Congemi	
7:00pm	Strength & Power ~ Kaleah Puskala	Vinyasa Flow ~ Tayler Yapp	Strength & Power ~ Kaleah Puskala	Vinyasa Flow ~ Tayler Yapp	
SATURDAY CLASS					
11:00am ~ Strength & Power ~ Aaron M.					
Noon ~ Cycle Core ~ Alternate Instructors					